

SEPTEMBER 2015 \$3.99

# FHM

Wake up and smell the coffee!

# 35

WAYS TO MAKE  
**BREAKFAST  
BRILLIANT**

**Schwiiling!**

**WE'RE  
GOING BACK  
TO THE  
NINETIES!**

**with**

*Amy  
Willerton*

**blood sweat + beers**

**THE QUEST  
FOR THE**

**BEST  
LAGER  
EVER**

**IS OVER!**

**NEW  
SEASON!  
NEW  
YOU!**

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FOOTBALL NOW!**

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BE FAMOUS IN  
2015?**

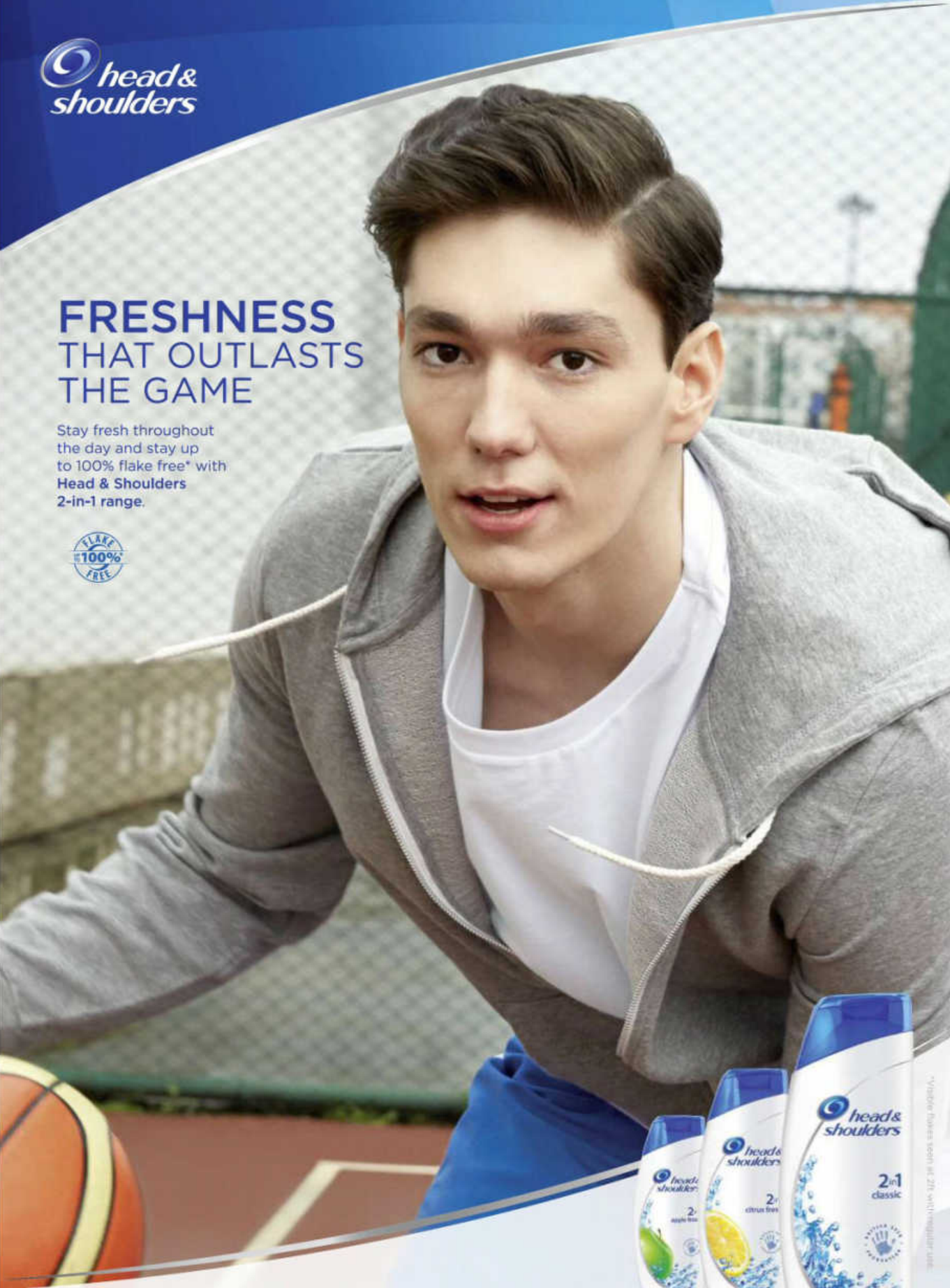
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# GREATNESS LIES AHEAD

#309



AMY WILLERTON  
SHOT FOR FHM BY  
MARSHALL JAMES

## ED'S LETTER...

In every issue of *FHM* I've worked on over the past three years, at least one story, piece of advice or quote has without fail jumped out of these hallowed pages and followed me home. For me, that's what turns a good magazine into a goddamn excellent one. In this issue, it found me on page 36. Wes Borland (right), the 40-year-old Limp Bizkit guitar legend, tells us, "I'm now the age my dad was when I really started to look up to him for guidance. I think about that a lot."

Maybe it grabbed me because I didn't expect to hear such poignant words from a guy I once saw playing to a sold-out venue dressed in only a straw hat and Y-fronts. Or maybe it's because those 24 words sum up what this brilliant beast of a magazine endeavours to achieve month after month: not only arming you with everything you need to know to ace the next 30 days, but preparing you for and celebrating the often tough, often unexpected, but hopefully brilliant facets of masculinity that we've all got coming to us down the line.

**Chris Sayer, acting editor**



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**The lager world cup** p128



**Natalie Loren** p12

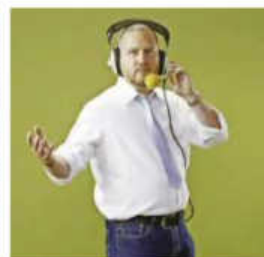
PHOTOGRAPHY: LUCKENSH



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## ACCESS

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Go to LA. Land a big screen role. Party forever. Impossible, right? Not if you're this hella hot lady...

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DJ BBQ's Man Food special will make you reconsider your allegiance to meat.

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The decade that gave us Britpop, *TFI Friday* and 'Wazzzzzzup!' is

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Always wanted to work in footy? These people make a living from the beautiful game without ever kicking a ball.

## UPGRADE

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A real, stand-out breakfast is an art. Luckily, our middle name's 'Picasso'.

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We'd bathe in beer if we could, but which lager is the best of all? Our half-cut experts investigate.

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# THE TEAM

## WHAT FHMERS HAVE BEEN UP TO THIS MONTH

### WE LOST A BIG'UN

He's gone. After four years at the helm of *FHM*, editor Joe has decided to jump ship and doggy paddle his way towards pastures new. He poured his heart and soul into every single issue of this glorious mag, truly making it what it is today. We're sure you'll miss him as much as we all will. Good luck, cap'n!



### WE MET LIL' BECKS

Imagine the pressure of being David Beckham's son. Brooklyn's probably tried going off the rails, only to find his dad has already tried out every rebellious hairstyle in existence. Dreadlocks, maybe? Get in there before it's too late, little guy. Anyway, we met him and he was very polite.



### WE LOOKED REALLY COOL

There's only one pre-requisite to becoming a cover star at *FHM* – a willingness to pose for a photo with art director Will and acting editor Chris. The celebs, more often than not, refuse – not Amy Willerton. Check out her incredible photo shoot on page 64.

### WE MET A LEGEND

Tired of his workmates continuously hiding his computer in the bin, chief writer Matt jetted off to the NBA Draft in New York to pursue a new career on the courts. Here he is asking for some advice from legend Robert Horry. Read the whole feature in next month's issue.



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IT'S GREAT TO BE A MAN

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MONTH  
WE'RE  
BREAKING  
ALL THE  
RULES  
OUT 3 SEPTEMBER**

# LETTERS 09/15

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## Learning from the best

I love the new *FHM* size, especially because it came in handy for decorating my son Saul's homework diary. Now, if you can help him with his eight times tables, too, that would be great.

**Neil, via email**

*DJ BBQ says: "I am truly honoured by this little duderino. One problem though: this kid's clearly a freakin' genius with no need for homework. How about an Earth-tremblin' speaker system instead? Congrats – stay rad."*



Letter of the month



## Playing with fire

*Summer's Greatest Jobs* reminded me I'm fortunate to be in a job I love. When I first started as a firefighter, I did it 'cos I thought it would get me some hot chicks, but I soon grew to love it. It's not a job – it's an adventure that's run in my family for three generations.

**Rob, via email**

*Three generations that chose their career based on perfecting their chat up lines, eh Rob?*

## A tribute to a true British hero

*Death Of A British Soldier* brought home how much we owe men like Kosta Scurfield. He joined the growing influx of foreign freedom fighters helping Kurdish forces destroy Isis in Syria, and paid for it with his life. Isis and its western fighters represent one of the most serious terrorist threats we face. Their desire to bring death and destruction to the UK, US and other western countries should never be forgotten. Britain isn't doing enough to counter this threat to our country and it took a man like Scurfield to try to do something about it. People might call him crazy, but I think he's a hero.

**Jake, via email**



## No longer a nerd

I enjoy reading and thought maybe people regarded me as a bit of a nerd for doing so, but reading *31 Greatest Books For Men* last month made me feel a whole lot better about myself. Now I see reading is cool! Two more great reads you could add to your list are *The Silkworm* by Robert Galbraith and the one I'm reading now – *Leaving The Sea* by Ben Marcus.

**Stephan, via email**



## Sol vs Boris

Thanks for your Sol Campbell feature. He's a very talented footballer but, off the pitch, he can be a bit of an arse. He had a car-crash interview recently on LBC: seeking to replace Boris Johnson as London mayor, he let slip that he rarely takes the tube and doesn't even own an Oyster card. I admire him for wanting to give something back to the city, but he needs to lessen that gulf between his life and ordinary citizens.

### Josh, via email

Anyone wishing to take over from Johnson should have a Boris bike race across London.

## The fall guy

Andy Torbet's *Great British Adventures* was a great read. Torbet has to be Britain's ballsiest explorer. He's packed more into his 39 years than others do in a lifetime. I abseil, bungee jump and skydive but it's nothing compared with what Andy gets up to.

### Danny, via email

You bloody love falling from things, don't you? Get us a picture of yourself reading the mag mid-air and you'll win FHM hero status for life.



## Hazy headache

What an ace *True Story* from Andy Peterson, who escaped the jaws of a lion. Maybe being a pothead kept him cool when the lion had him in its teeth.

### Ceri, via email

Nice idea, Ceri. We like the image of Andy blazing up as the lion chewed on his bonce.



## FHMManFood of the month

High-five to @baked\_\_jake\_\_ who, through the power of hashtagging and meat grilling, has bagged himself a crate of BrewDog's Punk IPA. Here's what *FHM* chef DJ BBQ had to say about it: "Be still my salivating heart – meaty radness as far as the eye can see. Why cook up one piece of chow when you can cook up *all the chow*?"

## SHOW US YOUR MAN FOOD!

Every month, we select the greatest culinary triumphs that have been submitted on Twitter and Instagram. Did you make incredible pulled pork last weekend? Then show us with the hashtag #FHMMan Food for a chance to win.

Twitter @fhm Instagram @fhmagram

*Send us your letters...*

## WIN A 32" TV AND A COPY OF NO OFFENCE ON DVD

Got something really bloody insightful to say about the mag? Then tell us about it already! To celebrate the release of *No Offence* on DVD on 10 August, we're giving away a 32in TV and a copy

of the show. From *Shameless* creator Paul Abbott, the hit cop comedy is back on our screens for a second series at the start of 2016, and we're pretty damn excited. All you've got

to do is send us your letter (with a picture if possible) via one of the ways on the opposite page and the prize could be yours!



SEPTEMBER 2015

# ACCESS

IT'S  
GREAT  
TO BE  
A MAN

WHO  
SHE?

**From:** Liverpool

**Likes:** Oreo  
milkshakes,  
martial arts

**Twitter:**

@iamnatalieloren

**Instagram:**

@iamnloren

## HOW TO MAKE IT IN



# LOS

# ANGELES

Late-night burgers, soya lattes, celebrity BFFs and wushu nunchakus: Natalie Loren is killing it in the City of Angels...

If the American Dream exists, LA is the city in which it gets crushed. Armies of young, fresh-faced aspiring actors flock to La La Land by the gazillions, absolutely convinced they've got what it takes to make the big time, impress big-shot directors and wow their way on to the silver screen.

Does it happen? Does it footballs. Get talking to anyone in LA and they'll most likely tell you they're an actress... as they clear your plates and hand

you a receipt, or 'check'. LA, like a *Jurassic World* dinosaur, will eat you alive.

So it takes a special type of person to break out in America's most cut-throat culture. You need the right friends. You need guts. You need something *extra*. And being hot as Hades helps, too.

So it's no surprise that Liverpudlian Natalie Loren isn't just surviving, but positively thriving in the City of Angels. She's got the celeb



bestie and room mate in *FHM* coverstar Kelly Brook. She's got the guts and the something extra, in that she's a freakin' martial-arts master. And the beautiful part? See for yourself...

**Morning, Natalie! It's 10am in LA – what's for breakfast?**

It's a bit boring and healthy today – fruit and a soya latte. If I'm treating myself, I'll do eggs. Eggs are my speciality. Poached in particular.

**Do you ever treat your roomie, Kelly Brook, to breakfast in bed?**

I have done, yes! She's back in London now, though. I miss our breakfasts together when she's not here.

**Which of you is most likely to leave your underwear on the bathroom floor?**

Neither of us!

**If we were to walk into your flat right now, what possession of yours would have us saying, 'What on earth is that doing here?'**

Definitely my Agent Provocateur whip. I got it for Halloween. You'd probably think I was into something

a bit weird if you saw that.

**You do know there were rumours floating around that, for a while, you and Kelly were 'more than friends', if you catch our drift?**

What? Really? That is hilarious. Obviously, that's not true. Funny, though!

**So what's cool in LA now?**

Everybody is obsessed with kale. Everyone's having kale salads and juices. It's all about kale in LA! Oh, and kombucha. It's this fermented tea that's super-healthy for you.

**As a Liverpudlian you can't have bought into that, surely?**

I have! There's not many

**"LATER TODAY I'M OFF  
TO DO SOME WUSHU**

**SWORD  
TRAINING"**





out-of-shape people in L.A. Everyone's on it with the gym, their kale and their old tea.

**Is there an LA equivalent of a 4am kebab after a night out?**

After Kelly and I went to the Oscar parties earlier this year, we ended up in a diner on Sunset Boulevard. We had Oreo ice cream milkshakes and burgers at 2am while wearing beautiful Oscars dresses.

**Two in the morning? That's not *that* late...**

Everything shuts at 2am in L.A. It's too early, isn't it? I'm being quite well behaved at the moment though, so I've not had many late nights like that.

**When was the last time you got totally star struck in LA?**

I saw Robert De Niro in a restaurant in Beverly Hills recently. I'm a massive fan so that was really cool. I wasn't brave enough to go up to him and ask for a selfie.

**Hey, didn't we see you in the new *Entourage* movie?**

That's me. It wasn't a major part, but I was a DJ in the film. I'm a DJ in real life – I've done

**"WE HAD OREO ICE CREAM  
MILKSHAKES AT 2AM  
WHILE WEARING OUR  
OSCARS  
DRESSES"**



it for six years. I've DJed all the clubs in LA and at the Grammys. **You've appeared in a music vid for rock band 30 Seconds To Mars, fronted by Jared Leto. You got pretty close to him... what did he smell like?** He smells nice actually. Very clean. I was only in it for a bit, but we had a scene together. I got to flick this cool knife. **You're no stranger to playing with dangerous things. What's this about you being**

**a martial arts master?**

Yes! I'm doing wushu training at the moment. It's what they do in *Crouching Tiger, Hidden Dragon*. I train three times a week with this guy who trained with Jet Li. It's so cool. I'm training with weapons today.

**Whoa. Like what?**

I've done nunchakus and knives, but later today I'm off to do wushu sword training. Nobody expects a girl like me to be bad-ass with a sword. **FHM**



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Oliver Shaw, Catalogue Design Studio  
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A close-up photograph of a dog harness. The harness features a dark blue mesh fabric with white vertical stripes. A metal buckle is visible on the right side, attached to a white strap with a blue border. The harness is resting on a light-colored, textured surface.



[13]

[14]

[15]

[16]

[17]

## ACCESS

**01 PULL YOUR NET**

Boat net, £24.99,  
[shakespeare-fishing.co.uk](http://shakespeare-fishing.co.uk)

**02 CUT IT OUT**

In the original novel, Quint finally gets close to the 'killer fish' when he cuts open a baby porpoise. Maybe just stick to cutting up your elevensies apple. Cuda flex fillet knife, £15.95, [whitbyandco.co.uk](http://whitbyandco.co.uk)

**03 SEND OUT YOUR STINK**

This sack may be your most important tool. Load it with guts and throw it in the water – a Great White can sniff out a drop of blood 3 miles away. Boone chum bag, £13.99, [rokmax.com](http://rokmax.com)

**04 MOCK UP A MEAL**

Mako, thresher and porbeagle sharks will be queuing up like hipsters at a new burger joint for a bite on this. Shark-O-Matic lure, £34.99, [rokmax.com](http://rokmax.com)

**05 BE PREPARED**

Leatherman sidekick multi-tool, £59.96, [cotswoldoutdoor.com](http://cotswoldoutdoor.com)

**06 JACKET UP**

This is the *actual* 'fighting jacket' Captain Quint strapped into when our shark pal finally took the bait. It distributes the force of the struggling fish for max leverage. Alutecnos fighting jacket, £139.99, [rokmax.com](http://rokmax.com)

**07 JIG IT REAL GOOD**

Flat Shad IS16 and IS04 bait, £24.99 each, [sebile.com](http://sebile.com)

**08 GET A GRIP**

The Great White has the highest bite force on Earth. This is made from suede for grip. Don't mix the two. Buff work II fishing gloves, £26, [rokmax.com](http://rokmax.com)

**09 HOOK A WHOPPER**

This is the biggest shark hook on the market, measuring 9 inches long. Plenty big enough for the strips of

squid the crew of the Orca used. Mustad 4480 heavy duty big game hooks, £8.64 for two, [rokmax.com](http://rokmax.com)

**10 MAKE A TOAST**

That scene where seadog Quint crushes a can of Narragansett lager in one hand and tosses it overboard? The manliest moment in all of cinema. Ghost Ship lager, £26.99 for 24 x 400ml cans, [adnams.co.uk](http://adnams.co.uk)

**11 WORK UP AN APPETITE**

Nobody ever caught a man-eating monster on an empty stomach. Stanley 5.2L classic lunchbox, £49.99, [amazon.co.uk](http://amazon.co.uk)

**12 WEAR A DAZZLER**

You're no fisherman unless you can rock one of these. Shirt, £95, Gitman Vintage at [endclothing.co.uk](http://endclothing.co.uk)

**13 CHOOSE YOUR WEAPON**

The 20-foot Great White in *Jaws* chewed through the tackle, so you can forgive the ultimate shark rod on the market for being a little pricey. Alutecnos stand-up rod, £579.99, [rokmax.com](http://rokmax.com)

**14 HEAR THEM SCREAM**

The noise this reel makes when a fish takes your line is up there with chopping wood or watching a fire burn – it gets you *right* there, y'know? 130VSX reel, £1,499.99, [penn-fishing.com](http://penn-fishing.com)

**15 DROP A LINE**

A heavyweight line should attach to a steel 'trace', then on to your bait, to stop your prize fish biting free. Trilene big game line, £79.99, [berkley-fishing.com](http://berkley-fishing.com)

**16 PROTECT YO' HEAD**

Hat, £65, Mt Rainier Design at [endclothing.co.uk](http://endclothing.co.uk)

**17 STAY ON YOUR FEET**

The *Jaws*-hunting trio's shoe of choice should be yours, too. Trainers, £55, [sperrytopsider.co.uk](http://sperrytopsider.co.uk)



01

SEE FOOD



02

TAKE PHOTO



03

**TAG**  
**#FHMMANFOOD**



04

**WIN BEER**

**SEARCH FH MAGRAM**

# **Entertain your Brain**

**11** *things to make your month massive*





# 01

Make some noise

## Smash the airwaves with your best mate

● "I've kind of gone for an early 2000s David Beckham cut," says tattooed drumming machine Laurie Vincent as he explains his new do to band mate Isaac Holman. Together, they make up Slaves, the British punk twosome that muscled their way into the top 10 with their debut album *Are You Satisfied?*. Just days before their three stage-crushing performances at Glasto, we grabbed a beer with them to see how we can turn our bromance into big bucks...

**Laurie, what's wrong with that beer you're drinking?**

**Laurie:** It's not a modern pale ale, it's an old one. It's not fizzy or hoppy enough for me. I think the one I like, the fizzy one, was a product of prohibition when they tried to make their own beers.

**Prohibition would have been a wild time to be alive.**

**Laurie:** Scary. Have you seen *Lawless*? Tom Hardy is sick in that.

**There were enough sweets on our shoot to make anyone vomit, but when was the last time you were properly sick?**

**Laurie:** I think it was after a magazine awards thing. It does happen to me quite a lot. I'm still not an adult – I haven't decided when I've had enough. I still have a few years to mature, though.

**Issac:** I'm the opposite. I don't puke.

**The new album is loud, and must have taken a lot out of you while recording. What fuelled your studio time?**

**Laurie:** I made sure we always had an orange on the side. Apparently, citrus fruits in a room affect the feng shui, so we always have a load of oranges dotted about the room to help with our 'chi'.

**Issac:** I assume that's why people own fruit bowls.

**As you've been getting bigger, have you picked up any famous fans?**

**Laurie:** We know that Robbie Williams is a fan because he tweeted us. He said that Isaac's his favourite as he looks like a love child of him and Ant McPartlin.

**Now seems like an amazing time to grab your best mate and make some noise, as two-pieces are rife in the charts...**

**Laurie:** I don't think any two-piece is a two-piece just because it looks good. Usually it means one writes the songs and the other drums, but we're totally 50/50. It works. A Black Keys song without the drums is still a Black Keys song, and a White Stripes song without Meg is still White Stripes. With us, you need us both.

*Slaves are touring throughout November and their single Sockets is out 4 September*

02

A-list playlist

## Prime your headphones for *Straight Outta Compton*

● This month's NWA biopic will leave you desperate to fill your ears with West Coast gangsta rap. That's a given. But leave some room for these under-the-radar British rap albums, as chosen by grime up-and-comer Bonkaz...



**More Money More Pagns**

J Spades

"This almost has a reggae vibe to it. It's a great merger between rap and Jamaican."



**This Is My Demo**

Sway

"Sway made a point of staying independent and showed he didn't have to compromise."



**Ard Bodied**

Giggs & Dubz

"The way these two bounce off each other in this joint mix tape is amazing. It's so sick."



**Redrum**

Krept & Konan

"This is from before K&K got big – it's far grittier than the more commercial new stuff."



03

New read

## Add this to your August reading list

Even if books aren't your 'thing', you'll probably have seen Patrick deWitt's 2011 Western comedy epic *The Sisters Brothers* staring down at you in WHSmith. The novel ended up being bought by *Step Brothers* funnyman John C Reilly for a film adaptation (and was nominated for a little thing called the Man Booker Prize for literature).

Four years later, deWitt is back with *Undermajordomo Minor* (try saying that with a mouthful of mashed potato) and filling its pages with plagues, castles, medieval aristocrats, thieves, a puppy and the odd bit of heartbreak, all wrapped up in humour that's even blacker than your morning coffee.

*Undermajordomo Minor* is out 3 September (£15.99, Granta Books)



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# Witness the weirdness of Fringe

If you're hightailing it to the Highlands for the annual funnyfest, know you'll encounter a whole load of strangeness you'll never unsee. We asked these Ed Fringe veterans for the weirdest thing they've encountered...

## CHRISTIAN O'CONNELL

"Tommy Cooper having a pint. There was a play about him and I saw the star of it. I thought I was hallucinating." Christian's *You've Ruined My Morning...* is at the Gilded Balloon

## MARK NELSON

"A man once yelled, 'You've got shit socks!' and stormed out of my show." Mark's *Older Than Jesus* is at the Gilded Balloon

## KEVIN DAY

"Two young artists being chased down Cowgate by a group of squaddies after attempting to juggle live kittens." Kevin's *Hairline* is at the Gilded Balloon

## KAI HUMPHRIES

"The Naked Promo Spank: anyone can promote their show if they're naked. My show was directly after, so I did it." Kai's *How To Be Happy* is at the Gilded Balloon

## OMAR HAMDI

"A naked guy was performing. An elderly lady asked her husband if they could leave, and he said it'd be too rude of them if they did." Omar's *In The Valley Of The Kings* is at the Assembly

## BRETT GOLDSTEIN

"A woman snored through my show, then heckled me with the line 'Where am I and why are you still talking?'. Brett's *Burning Man* is at the Pleasance

## JUSTIN MOORHOUSE

"When I found myself peeing on my own face as a flyer of mine stared back at me from a urinal." Justin's *Destiny Calling* is at the Gilded Balloon

## JOHN HASTINGS

"A drunk man pissing into a cash point, which had a queue of people waiting to use it." John's *Marked From The Start* is at the Pleasance

## BEARDYMAN

"It's the military tattoo – a display of military might that wouldn't look out of place in North Korea – set against a backdrop of comedy." Beardyman's *One Album Per Hour* is at the Pleasance

## JIMMY MCGHIE

"A homeless man was using a cardboard poster of mine as bedding. He looked so comfy I decided not to tell him it had cost me £500." Jimmy's *Winged Goddess Of Victory* is at the Pleasance





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**05**

**Girl crush**

## **Fight evil with Inbar Lavi**

● There's a whole lot going for action film *The Last Witch Hunter* when it comes out later this year: it's got Michael Caine dressed as a vicar, Vin Diesel killing stuff with a flaming sword, and very sexy Israeli actress Inbar Lavi, too. But what has the hottest of the three learned about dealing with the supernatural?

**What would you do if you were confronted with a real-life witch?**

I'd hope she'd have a patience potion to just chill me out and wait for the big picture to unfold.

**If you came across a haunted house to hide in, is it worth staying the night?**

If the bed's clean and comfortable, sure.

**Your phone is about to die – who do you call for help?**

It used to be my ex, but not any more. Thanks for bringing that up. Right now, my dad. He'll drop everything every time.

**What song would ward off evil spirits?**

*MMMBop* by Hanson. It'd drive anyone away.



# 06

MTV reborn

## Applaud the winners of our alternative VMAs

Three awards that definitely won't but totally should be handed out at MTV's Video Music Awards on 30 August



### Cool Dad Award

Carly Rae Jepsen – *I Really Like You*  
You're telling us 59-year-old father of four Tom Hanks uses the cheeky monkey emoji in his texts? GET. OUT.



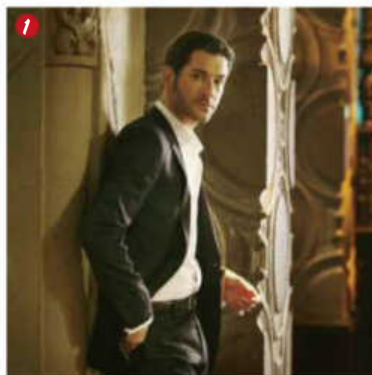
### Video You Should Hate But Can't

Maroon 5 – *Sugar*  
Too-handsome pop douche, unarguably in-on-it extras, and yet... damn.



### Best Supporting Beard

Sia – *Elastic Heart*  
The buzz around Shia LaBeouf's near-naked dancing role in this was huge. Almost as huge as that grizzly face bear.



# 07

Future TV

## Pick your transatlantic telly

● If American pilot season is anything to go by, there's a lot of telly to be excited about on its way. We've sifted through the gazillions of new shows on the horizon to bring you a shortlist of the best...

### 1. If you liked: *Reaper*

You'll love:

**LUCIFER**

10-word plot:

The devil heads to Earth, helps the LAPD solve crimes.

**Why we're excited:**

It's loosely based on the Lucifer character by comic god Neil Gaiman.

### 2. If you liked: *Homeland*

You'll love:

**BLINDSPOT**

10-word plot:

Woman discovered covered in tattoos, has no memory, seeks identity.

**Why we're excited:**

Star Jaimie Alexander is soooooo preeeeeetty.

### 3. If you liked: *The Vicar Of Dibley*

You'll love: **OF KINGS AND PROPHETS**

10-word plot:

An epic retelling of the Bible's first king of Israel.

**Why we're excited:** It's the first big biblical series we've been excited about, ever.

### 4. If you liked: *Agents of S.H.I.E.L.D*

You'll love: **LEGENDS OF TOMORROW**

10-word plot:

Comic book spin-off with characters from *Arrow* and *The Flash*. **Why we're excited:** It's been described as total madness by an insider.

08

Method man

# Get schooled by Jake Gyllenhaal

● After the knockout one-two of *Nightcrawler* and *Prisoners*, Jake Gyllenhaal is the man of the moment – and now he's taken on his biggest challenge yet – going from sappy actor to plausible (and terrifying) boxing champ for new drama *Southpaw*. And because he trained like a warrior for it, we met him to learn a few lessons in getting fight-ready...





## TRAIN HARD (TO AVOID LOOKING LIKE AN IDIOT)

"When I read the story of *Southpaw*, I loved it. So when it came to boxing, I really wanted to learn how to do it properly because I was scared I'd look like a fool."

## PROTECT YOUR BODY

"We shot all the fights in the first two weeks of the film, and we ended up deciding whatever happened, happened. I got hit a lot, much more in the body. You think you can defend yourself more easily there, but I really did not enjoy the body shots."

## WATCH THIS VIDEO

"I was really inspired by the 2002 Micky Gatti vs Arturo Ward fight. I think there's a sort of brutality and a sense of will in that fight that remains unmatched in a lot of ways. It's so brutal."

## GET ANGRY

"I was moved to do *Southpaw* by the idea of a man having to face his own anger, where his anger has destroyed his life. He has to learn how to fight with anger, but without hatred."

## USE YOUR HEAD

"There's this idea that there's some sort of aggressive approach to the physicality of boxing. You can only do as much as your mind will tell you. If you're not in a certain physical shape, you can't pull off the things your mind is telling you it wants you to do, so I trained for five hours a day."

## CHILL OUT

"When we wrapped, I started on another film that didn't require me to head to the gym at 5am. You go that hard for that amount of time, your body does need a rest. It's not a normal way of living. You've got to let it go – you've got to live life."

*Southpaw* is out 24 July

# 09

Play date

## Glimpse the future of gaming

• The next 12 months of button bashing are going to be big. How do we know? We're still coming down from all this brilliance at monster gaming event E3...



### DOGS GALORE

Fill your pockets with dog treats as pooches sit by your side in *Fallout 4* and Xbox One exclusive *ReCore*.



### CARTOGRAPHY SKILLS

Create multiplayer maps in *Doom*; hold the keys to the Mushroom Kingdom in *Mario Maker*.



### GIRLS GOT GAME

*FIFA 16* includes women's teams and *Assassin's Creed: Unity* and *Horizon: Zero Dawn* have leading ladies.



### VIRTUAL REALITY DOESN'T SUCK

Guerrilla and Capcom ensure VR headsets won't go the way of Nintendo's infamous Virtual Boy.



### THE PAST IS THE FUTURE

*Hitman*, *Guitar Hero*, *Tony Hawk*: all the classics are returning with a shiny new gloss.

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10

Comic hero

# Compare penises with Ed Helms

● Before heading to the cinema to see *The Hangover* funnyman's starring role in *Vacation*, a continuation of National Lampoon's now-legendary '80s comedy legacy, appreciate how, er, hard some of Ed Helms' scenes were to, um, tackle...

**You share a scene with muscle-bound Hollywood hunk Chris Hemsworth and a foot-long schlong. Rather you than us...**

Yeah, I don't look like Chris Hemsworth and I'll never do a Marvel movie, but that's OK because at least I'm funny. And now Chris Hemsworth comes to our movie and he's like the funniest motherfucker on the set? Goddammit, there's no justice in the world.

**Do you think he was nervous?**

When you see something like that and it's really funny, you're like, of course it makes total sense that Hemsworth would want to do that. It's hilarious. I give Chris so much credit for walking on to that set and taking off his bathrobe and saying,

"Let's just do this." He had the confidence and you need that.

**Aside from his penis, what was the hardest thing about filming?**

The hardest thing is acting not cold when you're freezing your balls off. That's harder than any emotional shit.

**What sort of driver are you IRL?**

I have moments all the time here in LA where I like to sing along with the

radio and sometimes I get a full on Aretha Franklin diva going and I won't remember that I'm at a stop light.

**Why should every man plan to go on a great family road trip?**

Freedom. I think it's part of the old American dream – connecting with your family and heading for the horizon.

*Vacation is out 21 August*



11

Brit stars

# Watch these two trump their US counterparts

● Root for these two homegrown talents as they steal away two major roles from the Americans this month...

THE THING

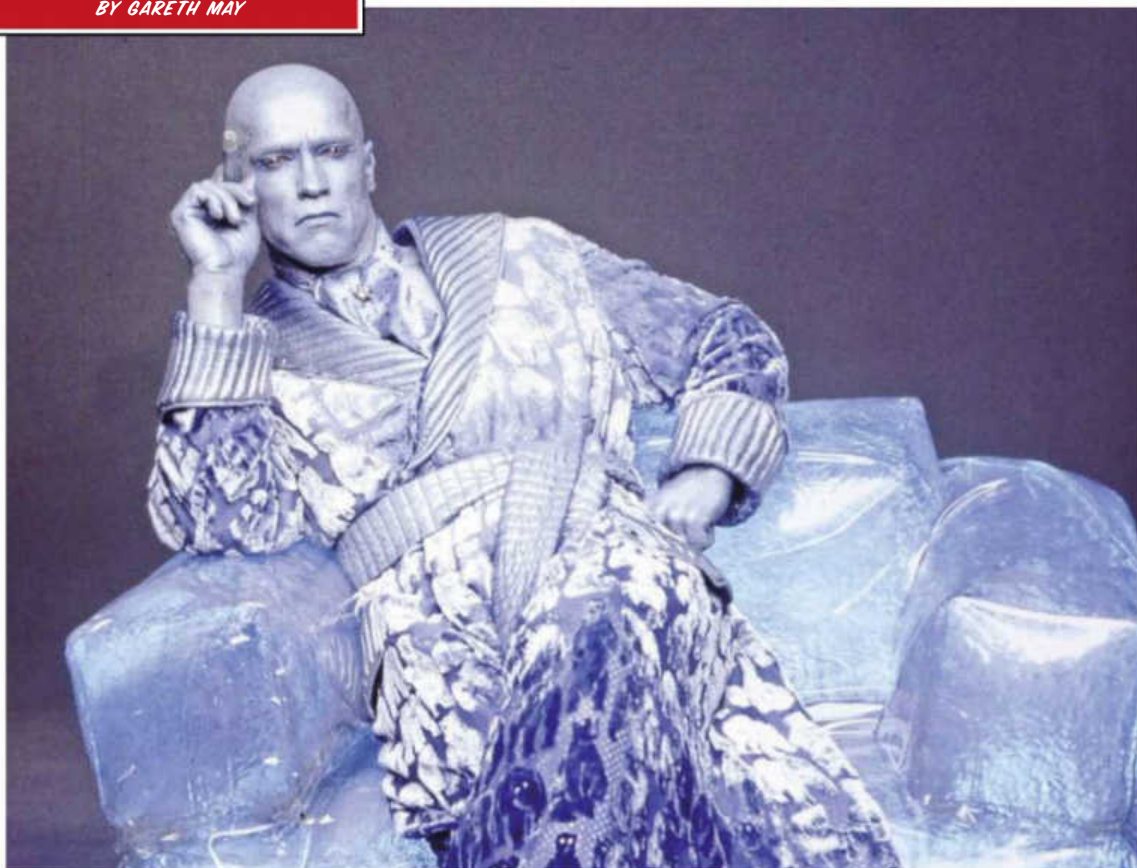


Michael Chiklis 2005 **Jamie Bell** *Fantastic Four*, 6 August 2015

HITMAN



Timothy Olyphant 2007 **Rupert Friend** *Hitman: Agent 47*, 27 August 2015



# FREEZE FOR YOUR FUTURE

This year, an academic suggested the NHS should pay for 18-year-olds to freeze their sperm. But why are we so afraid to bank our bloodline?



If I had to list the priorities of a typical 18-year-old, I doubt 'freeze spunk' would make it into the top 10. Create spunk, maybe. Freeze spunk, unlikely, unless you're pulling a "Want some frozen yogurt?" prank. Sperm banking won't be on most teens' radars. But in that weird little walnut-textured purse of skin, your bollocks hold the weight of your name and the fate of your legacy. It's a heavy burden

but, thanks to technology, it's one they no longer have to carry alone.

Sperm banking – or semen cryopreservation – was splattered all over the mainstream media earlier this summer when bioethicist Dr Kevin Smith [Fig. 1] claimed that freezing the contents of every British teenager's nutsack should "become the norm". In short, Smith reckons our baby batter's on the blink. "It is increasingly

clear," he said, "that the older the father is, the greater the risk of mutational damage," citing autism and schizophrenia as two potential threats for future children (the general risk of both are said to increase by 50% every 16 years; and some scientists believe dads over 55 cause 10% of new schizophrenia cases in the UK. There are others who dispute this).

Smith underpinned his whole argument by predicting a kind of "intellectual disorder" apocalypse with generations of kids suffering from all manner of genetic disease – all because pops shot his load post-40. He then totally tripped out and suggested the cash-strapped NHS should store the sperm [Fig. 2] of every 18-year-old man living in the UK. That is one big freezer... and I feel for the bloke who accidentally pulls out the plug. ("Er, Dave? Why is Britain's future melting all over the kitchen floor?")

As harebrained as Smith's theories seem, he does make a point. Why don't more men freeze their sperm for future personal use?

There's no denying we live longer and have kids later [Fig. 3]. The average age of fatherhood in England and Wales is now 33. In 1993, it was 31. Being a dad is hard work. Why shouldn't we postpone parenthood to a time later in life when we're stress-free and not weighed down with meetings and mortgages?

It's a matter of freedom. The world is smaller now. There's so much more to do. We want to defer fatherhood, not embrace it. We want to GoPro sandboarders in Nairobi; drink snake blood in Vietnam; Instagram the scene of the crime when our mate pukes inside a stranger's shoes. Don't make us clean it up while the bibs and babygros somersault in the tumble drier. We want to bask in the glow of our indestructible youth!

That's not to say we only want to get shitfaced and order a designer baby on our deathbeds. We're not heartless as well as childless. We're

just moving at a rate of knots humans have never known before.

Pressing pause on having kids is often the kindest choice we can make. As ironically parent-like as it might sound, financial security doesn't come easy these days. Why wouldn't we put our seed away for a rainy day like we once would've done with our cash? It's *our* jizz.

It is not, however, always in our hands. Docs freeze the sperm of anyone having cancer treatment (as they do if you're about to have a vasectomy, if you have a low sperm count or if you have a dangerous job, like a ninja). As my mate who had chemotherapy said, "It's pretty typical for anyone with testicular cancer," adding it was odd "having your mum take you to hospital to wank in a pot".

On the embarrassment spectrum, wanking in a clinic is probably bang in between the finger up the bum prostate check and sharting in Sainsbury's. But don't get the fear. Here's what happens:

Firstly, your sperm is screened for infectious diseases such as HIV and hepatitis B and C. Next, you have to sign a consent form and decide upon: storage length (usually 10 years but can be up to 55); an advocate who will decide what will happen to your sperm should you die (usually a relative); and whether your sperm can be used in research or donated.

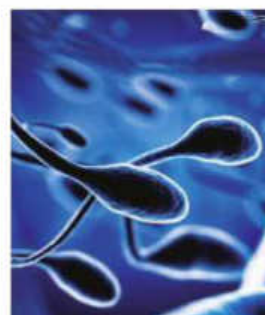
Next up: show time! And not just once. In the States, you're expected to leave six deposits for every desired child. In the UK it's usually three, spread out over several weeks. Deposit dropped, your fresh tub of spunkle is squirrelled away in a tank with liquid nitrogen.

Not all the sperm will make it. Usually about 50% survives. And it's not cheap; sperm rent is £200 a year. It's worth it, though. Saving your semen is the only established safeguard against your individual extinction. It's our spunk, but it's also our story. You're not just banking your sperm; you're banking your **bloodline**. **FHM**



*Fig. 1*

Dr Kevin Smith reckons we're careering headlong into an 'intellectual disorder' apocalypse.



*Fig. 2*

Your sperm won't look this good forever.



*Fig. 3*

Not all of us will be as fertile as Rod Stewart – the 70-year-old has eight children, the youngest of which is four.

***Get inspired***

# HOW I DID IT...

**WES BORLAND, 40, GUITARIST IN SIX-TIMES PLATINUM SELLING ROCK BAND LIMP BIZKIT**

**I wouldn't say I was afraid of getting a job behind a desk.** But, growing up, that looked like death to me.

**God and football and guns – my hometown of Jacksonville in Florida was everything I didn't want to be involved in.** It was the antithesis of hope, the worst of America. I had to get out of there.

**Tolerance.** That's what I've learned from my dad. He was a Presbyterian minister. He participated in anything we did, like driving us to play shows in bars at 16, even if it questioned his faith. He was so supportive.

**I'm now the age my dad was when I really started to look up to him for guidance.** I think about that a lot.

**One of my best friends and I used to drive out to meet a girl we knew on the north side of town.** Her mum was never home, so we'd go there to sneak booze or hook up with somebody. One night, when I was 16, we were driving back in the rain. All of a sudden I lost control of the car. I crashed into a ditch and the car flipped. That was the defining moment of my teens. I learned a big lesson that night.

**Limp Bizkit's rider always had 'action figure' written on it.** Not too much to ask. We just wanted to see what we'd get.

**Boy, did the video for *Rollin'* backfire.** It was filmed on top of the World Trade Center. On 6 September 2001 we won an MTV Video Award for it and the staff at WTC sent over a fruit basket to congratulate us. After 9/11 everyone stopped playing it. Nobody wanted to see it. Neither did we.

**The best band name in the world is Fartbarf.** They wear cavemen masks and NASA jumpsuits.

**Every man needs one simple, steel, black-faced watch.** Something like a Rolex Explorer, a Tudor Ranger or a Maratac Mid. I've forbidden myself from buying a watch this year. My collection's getting out of control.

**The perks you get from being in a band run out pretty quickly.** Money, fame, meeting chicks, partying – those things are gone quite soon.

**It's absolutely imperative that you travel.** You should be exposed to as many new cultures and beliefs and foods and people as you can. That's what makes you a more interesting person. It's why I still tour.

**Baby oil is the only thing that will get rid of my stage make-up.** I have to wear so much of it.

**I started smoking cigarettes for the breaks at work.** It was at the worst job I ever had, at a shit restaurant, owned by a terrible guy. I thought, "Everyone who smokes gets to take breaks from this. I'm in."

**A successful life?** Don't be a sleazebag. Don't cheat on your significant other. Try to honour what you say. Don't be a baby. Tolerate, unless it's absolutely necessary to act. Always try to be a good guy.

*Wes also plays with Queen Kwong. The album *Get A Witness* is out 28 August*





Wes draws one hell  
of a crowd

Shot  
or  
FILM  
May 18

# WHAT'S YOUR

*We asked a bunch of cocktail-guzzling revellers in*



**Neil, 35,  
rigger, Luton**

"Somebody rubbing suntan lotion over me. It's something about their fingers running down my back. Oh, yeah."



**Oskar, 20, protein  
salesperson, Finland**

"I'm a fan of red-headed girls. Many of my friends are redheads and it's difficult to keep my hands off them."



**Emily, 23,  
entertainer, Leeds**

"Anything to do with the back of my neck – well, not anything. Tickle it, don't karate chop it."



**Harry, 18, footballer,  
Shropshire**

"I love a bird who digs her nails right into my back. I want to be left with proper marks."



**Natalia, 21,  
salesperson, Poland**

"When a guy licks me around the ear. I'll admit it's pretty weird, but I like it."



**Bradley, 19, footballer,  
Wolverhampton**

"I appreciate a girl who will suck my toes. I have a thing for it, especially my big toe."



**Jack, 25, holiday  
rep, Bristol**

"Leather pants. I look at them and think, 'Bosh!'. Every girl should wear them – even in the sun, sweaty as it would be."



**Jennifer, 23, law  
student, New York**

"I really like messy hair – but only in the bedroom. At other times it should be styled."



**Paula, 22, law student,  
New York**

"I'm partial to a crooked smile – but they need to have good teeth, too."



**Katherine, 21,  
hairdresser, Preston**

"Big muscly guys wearing very short shorts."



**Jo, 20, unemployed,  
Edinburgh**

"I don't really know but, whatever you do, don't be too rough. That's my tip."



**Toni, 23,  
hairdresser, Leeds**

"I only know what my biggest turn-off would be: a finger up the bum."

# WEIRDEST TURN-ON?

ACCESS

Magaluf about the mad things that get them in the mood...

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**James, 21, shop assistant, Sunderland**

"Someone biting my neck or choking me. They can go pretty hard – I never draw the line."



**Matt, 29, operations manager, South Wales**

"Watersports. I like the warmth of it and it makes me feel proper dirty."



**Zachary, 21, holiday rep, Exmouth**

"I'm into nipple piercings, with a bit of hair pulling and biting for good measure."



**James, 19, ticket seller, Essex**

"I'm into really weird-ass body paint, like elves and shit."



**Linda, 24, office worker, Northampton**

"Probably getting really drunk with someone – really, stupidly drunk. It's easier to have a laugh with them."



**Alice, 19, travel agent, Northampton**

"Guys in short shorts, rolled right up to the top of the thigh. I don't know why."



**Melissa, 32, teaching assistant, Leeds**

"I enjoy it when a lad winks at me. Just a quick, cheeky one."



**Lisa, 27, marketer, Leeds**

"I like it when a boy bites his lip – not all the time, just now and again. Otherwise he'd get a graze or something."



**Simon, 28, freelancer, South Wales**

"Having my gooch licked. It just makes me feel so vulnerable."



**Fabio, 25, holiday rep, Bournemouth**

"Being touched in public, like at a restaurant on a date. I really like that."



**Sherri, 23, nurse, Stoke**

"I can't say no to a really bushy snail trail."



**Kayla, 22, unemployed, Edinburgh**

"It's great when a guy kisses your neck – but that's not weird, is it? It's definitely good."

**New style**

# TERRACE WEAR: CLASS OF 2015

Make these strategic transfers to your wardrobe before the new season

➔ Casual is the look that just won't go away. Ever since it appeared in late-'70s Liverpool, this mix of sportswear and European luxury has been a staple fixture on the footy terraces of Britain.

But it's not a trend that shows any sign of stagnating. Every year, new labels spring up to lure us away from the classic major sports brands, with the likes of Weekend Offender and Gourmet combining mod styling with flick-the-Vs British attitude.

Now that the football season is upon us, we offer up two outfits to inspire your match-day rig-out: one, a totally still-got-it retro ensemble, the other an updated take on casual featuring the new terrace-friendly brands that deserve your attention.

## **FILA BUCKET HAT**

Look moody and retro at the same time with this cracking lid. So stylish, you'll want to wear it in the middle of a November downpour.

£20, [fila.co.uk](http://fila.co.uk)

## **CLASS OF 1985**

## **LACOSTE POLO SHIRT**

The original premium branded sportswear, the Lacoste polo in cotton pique is still the benchmark which others are judged by. £75, [lacoste.com](http://lacoste.com)

## **SERGIO TACCHINI TRACKSUIT TOP**

Worn by tennis genius John McEnroe, the Tacchini was the item that caused a million mums to say, "What? I'm not paying that for a tracksuit." £55, [jdsports.co.uk](http://jdsports.co.uk)

## **LEE JEANS**

In the '80s, it wasn't uncommon for the seams to get cut up for a semi-flare look. Feel free to leave that trend behind. £80, [uk-lee.com](http://uk-lee.com)

## **ADIDAS SAMBA TRAINERS**

Originally made for five-a-side in the '60s, the Samba still holds up against 99% of modern trainers. £62, [jdsports.com](http://jdsports.com)

## **HEAD SPORTS BAG**

This jumbo holdall was carried at away games – and was often larger than the person holding it. £24.99, [amazon.co.uk](http://amazon.co.uk)



## CLASS OF 2015

### **FARAH POLO SHIRT**

Bright colours, bold designs, small breast logo: Farah has the uniform of the terrace-goer locked down. £40, [farah.co.uk](http://farah.co.uk)

### **WEEKEND OFFENDER BUCKET HAT**

Avoid the sun and CCTV cameras with this bucket hat from the label that defines the new generation of casual. £25, [weekendoffender.com](http://weekendoffender.com)

### **KOMMON UNIVERSE CAGOULE**

These Mancs are bringing the cagoule into 2015 and beyond by adding nerdy textile technology for maximum comfort. £110, [kommonuniverse.com](http://kommonuniverse.com)

### **WAVEN JEANS**

Pronounced Who-Vuhn, the UK denim brand is little over a year old and wowing us with its no-fuss, premium Scandi designs. £55, [waven.co.uk](http://waven.co.uk)

### **GOURMET TRAINERS**

Pulling on Italian influences (and matching it with US culture), Gourmet kicks fit perfectly with the continental roots of casual. £110, [gourmetfootwear.com](http://gourmetfootwear.com)

### **SANDQVIST BAG**

Every casual needs a bag for those mid-afternoon outfit changes, and this holdall from Swedish brand Sandqvist is a) beautiful and b) nuke-proof. £84, [asos.com](http://asos.com)

## ACCESS

## THE BEST HOOLIGAN FIRM NAMES OF THE '80S

*A who's who of the nastiest footy mobs of the decade*

**Derby Lunatic Fringe (Derby County)** Incredibly silly name. Real fringe not actually compulsory.

**Lincoln Transit Elite (Lincoln City)** There was only about six of them, but they had the best name in the league. And access to a Ford van.

**Leeds Service Crew (Leeds United)** Named after the service train from Leeds City station to Elland Road.

**Headhunters (Chelsea)** Led by a chap in a WWII flying hat, they had a cross-capital rivalry with West Ham's ICF (and everyone else).

**Bangor Warfare Squad (Bangor City)** They might have supported a little team, but the BWS tore up the likes of Buxton and Telford regularly. Oh, the glamour.

**English Border Front (Shrewsbury Town)** Fighting the good fight on the frontier between England and er... Wales.





Jack Whitehall, a white shirt in one hand and a stripy tie in the other, is standing in his pants trying to decide what to wear for our shoot. We're waiting for him to say something. But he doesn't. In fact, he hasn't said much at all since he arrived for our interview; just a few handshakes and hellos and a slightly feeble request for coffee: black, no sugar. That's his medicine.

Today, three weeks before his 27th birthday, Whitehall is out of sorts. He is the victim of an ailment so common that most people would consider it trivial. But when it gets to Jack, it can plunge him into a state of anguish, melancholy, even panic. Jack Whitehall does not have a cold. No – Jack Whitehall needs a poo.

It is a fine June day when we meet near his home in the swanky London district of Chelsea. Jeremy Clarkson, who owns a place nearby, has just been sacked from *Top Gear*. We've tried to warm Jack up with small talk, suggesting he might have made a fun replacement, had Chris Evans not stepped in. It's a bad start. Our conversation goes like this:

**FHM:** "You live near Clarkson, don't you?"

**Jack:** "Do I?"

**FHM:** "Don't you?"

**Jack:** "I don't know. I think I'd be the worst *Top Gear* presenter ever. I'm not that interested in cars and can't drive."

**FHM:** "Um... Are you alright?"

Jack leans in as if he's about to share a terrible secret. "I think I'm losing the plot, actually. I really need a poo. Sorry."

But there's no time. Our photographer is ready and we're already running late. Most celebrities would have shut the interview down and gone to relieve their burden regardless of our deadlines. Not Jack. He's a good egg: a well-mannered and gracious sort of egg. We crack on.

Jack is fresh out of the editing suite where he's been putting the finishing touches to his first movie, a cinema adaptation of the hit BBC Three sitcom *Bad Education*, which he co-wrote and stars in as a useless secondary school history teacher. "It's a school trip through the eyes of someone who loves *Indiana Jones*, *The Goonies* and *Die Hard*," he

J-W 4eva

# Class war

He's played both student and teacher on TV, and now he's graduating into film. But how did Jack Whitehall become Britain's King of Comedy?

**Words:** Matt Blake  
**Photography:** Pal Hansen  
**Styling:** Carlotta Constant  
**Grooming:** Claire Woods



says. "I wanted explosions and helicopters and swords and Cornish terrorists. It's super-sized."

It's a typically silly film: obscene, funny and the culmination of a career to date that most comedians could only joke about. No other comics could say they've written a movie, starred in two major TV shows (*Fresh Meat* and *Bad Education*), captained a team on a panel show (Sky's *A League Of Their Own*), been crowned King of Comedy at the British Comedy Awards three years running, and drawn crowds of 21,000 a night for their stand-up arena tour.

**J**ack Whitehall is not a man you would think prone to self-doubt. Yet right now, as he paces up and down the room, he is freaking out. "I am wrought with anxiety over the release of this film," he tells us. "I mean, I'm proud of it and I genuinely think it's better than the TV show, but it's a big project and it's a bold project, and whenever you put your head above the parapet, people are always ready to shoot you down."

Then he laughs loudly, "I do not think the *Daily Mail* will like this film."

In 2013, that newspaper was left gasping for air in a puddle of its own indignation after Jack, James Corden, Jimmy Carr and others "guzzled wine and traded vile, obscene jokes about the Queen" on Channel 4's *The Big Fat Quiz Of The Year*. Cue complaints, investigations and paparazzi shots of Jack going out to buy milk.

"When the *Mail* picks a fight with you, everyone tells you not to react," he says. "But it's hard when they're getting so angry about something so stupid. My favourite part of that week was when a commenter wrote under a story on MailOnline, 'This is just the kind of behaviour that makes me ashamed to pay my licence fee.' Er, it's Channel 4, mate."

**"I had to teabag a swan. It's the most scared I've ever been"**

Jack's grown up since then. Now he's tackling the Big Issues: things like education and institutional bullying and terrorising swans.

"There is a scene in *The Bad Education Movie* where bullies make me teabag a swan," he reveals. "I'll never be allowed near a swan again after this film. Or the Queen. As if I hadn't upset her enough already, I have now done something terrible to one of her swans."

It is one of many moments in his movie that will surely have a certain type of cinema goer in hysterics. But for Jack, filming the scene was no laughing matter. "I had to approach a real swan before they swapped it for an animatronic one," he recalls. "But the director let me get very close – I was literally hovering above it – before he yelled cut. It was meant to be a well-trained swan but it was actually very angry. It was the most scared I've ever been on set. But I tried not to fuss because apparently he was quite a famous swan;

he'd had quite a lot of other work."

Jack still seems a little on edge. We aren't sure if it's the painful memories of past wars with the press or his loosening bowels, but he is now literally walking around us in circles with growing speed before leaning rakishly against the mantelpiece on the far wall.

He's never been afraid of making himself the butt of the joke, especially when it comes to his perceived poshness. Isn't he tired of constantly talking about polo and private school?

"I guess I do get a bit bored of it," he admits, "but it's entirely my own doing."

The truth is, Jack's not *that* posh. He hasn't got a title or a double-barrelled surname or a mouth that doesn't close properly due to generations of inbreeding. His mother was an

## THE RISE AND RISE OF JACK WHITEHALL

**7 July 1988**

**Jack Whitehall is born**

"It was the poshest birth ever – everyone, except me, was wearing a dinner jacket."

**Summer 2004**

**Performs his first gig in a Marlborough pub**

"It was to a few posh students and farmers. The landlord handed me a Darth Vader costume to wear in case it went tits up. It didn't."

**June 2008**

**Hosts E4's *Big Brother's Big Mouth***

"I used to get, 'Oh, you're so like Russell Brand.' I'd read these stories of him having raucous orgies, and I was still living at my mum's, thinking, 'When do I get these perks?'"



actress and his father was a theatre agent made good. So good, in fact, that Jack attended the Harroddian School and Marlborough College, two of the most prestigious academic institutions in the country.

"I'm upper-middle class really, I think," he ponders. "But I've decided that the only way to deal with it is to embrace it and mock it. I play a character on stage [but] I think at some point in the future, I'd like to find more honesty in my

stand-up, start tearing layers away and searching deeper." Mostly, though, he just seems to enjoy laughing at himself: which he does, regularly and charmingly, throughout our interview.

Is part of his success down to British people's need to define each other by the schools they went to or whether or not they think 'forehead' should rhyme with 'horrid'?

"We are totally obsessed with class in this country," Jack says. "In America there is more »

#### December 2010 Performs at the Royal Variety Performance

"Meeting Paul Chuckle at his table was my highlight. I was so starstruck, I could barely speak."

#### September 2011 Makes his acting debut on Channel 4's *Fresh Meat*

"I was in Manchester as a student and it is quite bizarre filming in a bar when the last time you were there was for a foam party where Dr Karl from *Neighbours* was DJing."



#### June 2012 Becomes regular panellist on Sky 1 sports quiz show *A League Of Their Own*

"Jamie Redknapp sent me to his tailor to get a suit recently. Jamie likes it cut very tight in the crotch so you can see his religion. I call it 'Redknapping'."



to have had the “poshest birth that ever happened”.

Jack was born on 7 July 1988 in the Portland private hospital in central London, surrounded by men in black tie. “My dad got drunk, my godfather turned up in a dinner jacket because he had been out, and then the gynaecologist also turned up in a dinner jacket because he was on the way to a gynaecological dinner convention,” he tells us. “It was all very *Downton Abbey*.”

Jack’s first brush with stardom didn’t quite work out as his mother had hoped. He was 12 when a casting agent for the first *Harry Potter* film came to the Harroddian School to hold open auditions for the title role. “I remember going to the audition and being told beforehand by my mum that I was Harry Potter so I would definitely get the part,” he remembers. “She dressed me up in round spectacles and a blazer and would’ve scarred my forehead if she could, but I completely cocked it up.”

Looking back, he says, that agent did the world a favour in casting Daniel Radcliffe

of an obsession with race whereas over here, our race is class, which is the issue that people feel interested in and defined by. The depictions of posh people in this country seem like cartoons. Look at *Made In Chelsea*: it’s ridiculous. But the same can be said for the working classes on TV; *Benefits Street* felt so opportunistic and damaging to people’s perceptions.”

Still, he admits he can’t feel too hard done by. After all, this comes from a man who claims

instead. “I’d have been a horrible Harry,” he says. “It’s too much pressure to carry that film; I’d have ruined it for everybody.”

**A**t the age of 16, Jack went to Marlborough College (future queen of England Kate Middleton went there, too) where he performed his first gig to “a couple of posh students and some local farmers” in a pub. “Just before I went on stage,” he says, “the compere

#### August 2012 **Bad Education** airs on BBC Three

“I write it with my best mate, Freddy Syborn. We were at school together and hated each other at first. But he was on my wavelength.”

#### November 2013 **Stars in BBC comedy chat show *Backchat* with dad Michael**

“I’m so bored of talking about my dad so it won’t happen again. I don’t want to give him any more publicity.”



offered me a Darth Vader costume to put on in case it didn't go well." He was relieved when he didn't need the costume; not after the scars left by the last time he was forced into fancy dress.

"I was 11 on a school trip to Hampton Court where you can dress up in Tudor outfits," he recalls mournfully. "It was meant to be fun and they had a male and a female outfit. But it was an all-boys school. And someone had to wear the Anne Boleyn outfit."

No prizes for guessing who was pushed to the front of the queue. "I've got this photo somewhere of me and Patrick Ward, who got to be the man, and I look so sad in it – my eyes are completely blank, dressed in this corset and flowing dress. I was Patrick Ward's pretty little Tudor queen. I never forgave him for it." Has he seen him since? "No," Jack replies. "I cut him off. The bastard."

Jack turned to comedy as a defence mechanism, he says – always the fool in class with a talent for making boys laugh. "I was quite odd at school, actually," he says. "I mean, I wasn't a weird loner; I wasn't torturing animals on my own.

But while everyone else was playing sports or smoking weed, I was writing sketches, putting on plays and drawing cartoons."

With comedy still a sideline, Jack needed a profession. So, after his A-levels, he enrolled at Chelsea School of Art. "I basically doodled caricatures the whole time so when they came to assess me after three months, they dismissed it," he says. "Then they came to this guy called Kybor who had plastered a load of homosexual pornography on a wall and then hung dildos from the roof. You looked through another dildo like a telescope to see the porn and they thought that was amazing. That was the point that I thought maybe art school wasn't for me."

**"I'm bored  
of talking  
about  
poshness  
all the time.  
But it's my  
own doing"**

So, after a stint studying history of art at the University of Manchester, Jack turned to the life of a freelance comedian. Cue awards, TV shows, sell-out tours and the kind of fame that has given him the chance to rub shoulders with some of the most important funny-men in comedy.

There was one chance encounter that will remain in his heart until its final beat. "I was at the Royal Variety Show when I saw him," remembers Jack, his eyes lighting up. "Paul Chuckle. I was so starstruck. I don't think he knew who I was but I asked him about the

Chuckle Brothers and about Barry and got him to sign a photo. It's my most prized possession, framed above my toilet next to my 20m swimming certificate."

We tracked Paul down to an internet cafe in Greece, where he was on holiday. "Of course I knew who he was," he says. "I meant to go over and say hello myself but was busy talking to the Dowager Lady Westbury CBE. But I didn't know he was nervous; I thought he'd got early Parkinson's or the like. He was a gent and I've followed

his career ever since. In fact, I've got a photo of when we met that night framed on my wall next to a photo of me and Barry receiving our Bafta."

Jack is beginning to fidget and pace more than ever. There's only so much coffee and questions a man's descending colon can take. We have one last enquiry: what's the one thing you can tell us about yourself that nobody else knows?

"Listen, I've got the perfect answer, you'll love this," he says, through gritted teeth, "but I've got to pop to the loo first." He scurries off along the corridor. He does not come back. **FHM**

The Bad Education Movie is in cinemas from 21 August

#### **December 2013** **Embarks on a nationwide stand-up tour to audiences of 21,000**

"The brand of comedy I do requires confidence to sell it, but right up until the moment I step on stage there is no confidence – I'm shitting it."

#### **December 2014** **Wins third consecutive King of Comedy title at the British Comedy Awards**

"It was a huge honour to me to have won, especially for the third time in a row. My father, not so much. He said he voted for Lee Mack."

#### **August 2015** **The Bad Education Movie hits cinemas**

"It starts with a crazy sequence where I get spiked with magic mushrooms. I steal a waxwork model of Anne Frank and am chased through the streets of Amsterdam."



PHOTOGRAPH: REX AMANDA SEARLE/ OBJECTIVE PRODUCTIONS, MOVIE

***Drink like a man***

# THIS DRINK WILL MAKE YOU PARTY

Master the mix that'll keep you standing after 72-hours of non-stop Ibiza insanity

PHOTOGRAPHY: MARCO VITTORI



**Ingredients**  
25ml Cointreau  
25ml tequila  
25ml lime juice  
1 bottle of lager  
Salt

➔ Gentlemen ravers, we give you the Lagerita. This, right here, is what you'll want, no, *need* to have in your hand if you're going to really (and we mean *really*) party at this year's Ibiza closing parties.

See all that lime juice? It's crammed with natural antioxidants that'll clear your party-torn bod of all free radicals to sky-rocket your energy levels. It's essentially

nature's Red Bull, only without the barbed-wire-in-your-brain sugar crash an hour later.

But most importantly, a Lagerita is so bleedin' simple to make you could've raved your brain into porridge and you'd still manage to come up with the goods. Oh, and because it tastes great at any time of the day, the party can start right now...

**ENTRY LEVEL:** Pour your Cointreau, tequila and lime juice into a glass stuffed with ice and stir. Top up with lager and drink on a sun-scorched balcony.

**NEXT LEVEL:** Before you get mixing, rub lime around the rim of your glass, then drop the rim into salt. Enjoy the face-screwing punch of sodium chloride.

**BOSS LEVEL:** Once you've mixed it, decorate with coriander. Best when trying to impress your holiday romance.

PROMOTION



**FHM**

SINGLE GIRLS



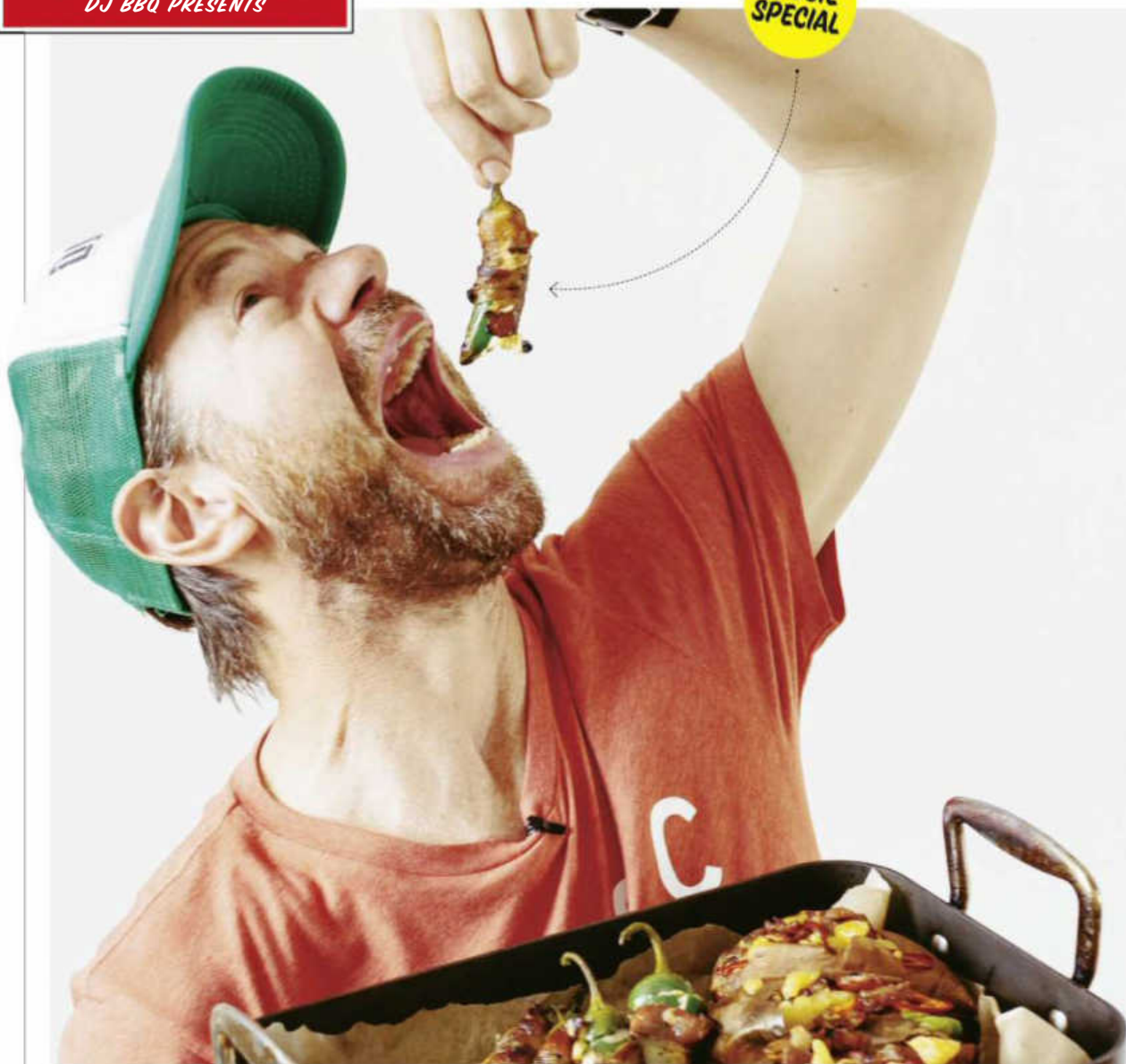
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**FHM man food**  
DJ BBQ PRESENTS

VEGGIE  
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— DANGEROUSLY AWESOME —

# ATOMIC VEG BOMBS

— Move aside meat: these grilled veggies are here to challenge your BBQ crown... —



### DJ BBQ SAYS...

"Take a seat. What I'm about to tell you is something I'll probably never, ever say again. Here goes: meat is off the menu, dude. Well, for this month, anyway. Right now, I'm putting my carnivorous religion to the test, leaving my steak and chicken

church and preaching to all you flesh-chewing hombres that veg can totally be a baller addition to your cookout when pimped out like these taste bombs.

"Alright, so I've cheated slightly and included a bit of pig, but if you're going all the way to Vegetable Town, you

can just drop it. There's more than enough radness in these pockets of flavour already, with the freshness, the smoke, the textures and God's finest work: cheese.

"Trust me when I say this – these three recipes will have you question your own BBQ faith."

### THE RECIPE

**Preparation time** 60 mins

#### Ingredients

A handful of jalapeño chillies  
A bunch of fresh coriander  
6 trimmed spring onions  
100g cream cheese  
1 tsp smoked paprika  
Sea salt  
Freshly cracked black pepper  
A load of grated Monterey Jack or Cheddar cheese  
15 rashers of bacon  
A chunk of blue cheese  
2 crushed garlic cloves  
1 tbsp breadcrumbs  
Loads of mushrooms  
3-4 large sweet potatoes  
2 fresh red chillies  
Olive oil  
+ Soaked cocktail sticks



**NUCLEAR  
JALAPEÑOS**



**01** Cut a slit lengthways down each jalapeño chilli, then across the base to make a T-shaped opening. Discard the seeds.

**02**

Chop up the onions and coriander and add the cream cheese, paprika and grated cheese. Spoon into the chilli cavity.



**03**

Wrap with halved bacon, secure with a cocktail stick and cook over a direct medium heat for 10 minutes.

**SWEET  
POTATO  
GRENADES**



**01**

Rub your washed sweet potatoes with olive oil and salt. Bake them on a BBQ (with woodchips for a smokier flavour) until soft in the middle and crisp outside.

**02**

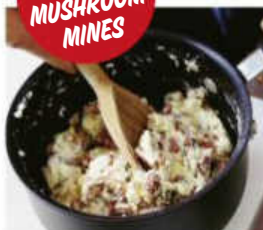
While that's cracking on, fry seven rashers of chopped bacon in olive oil until crisp.



**03**

Split the potatoes and sprinkle on bacon and grated cheese. Return to the heat for 10 mins, then add sliced chilli and spring onion.

**CHEESY  
MUSHROOM  
MINES**



**01**

Mix the blue cheese, two rashers of cooked and chopped bacon, garlic, breadcrumbs and a pinch of pepper. Twist off the mushroom stems and discard.

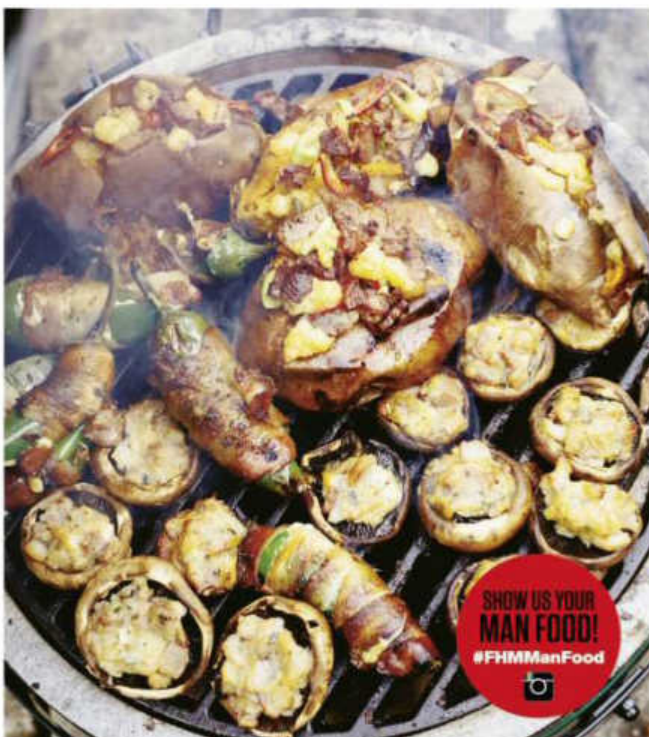
**02**

Push in your cheese mix with your fingers to plug the hole left by the stem.



**03**

Cook the mushrooms over an indirect heat until tender.



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# STAND-UPS AT BREAKFAST

Christian O'Connell  
LISTEN WEEKDAYS

Frank Skinner  
LISTEN SATURDAYS



Absolute  
Radio 

**This month's challenger...**

# KAYVAN NOVAK

He's a master pretender, but can the *Fonejacker* star convince the world he's a proper bloke?

SUPPORTED  
BY...



**01 How do you behave at barbecues?**

I get more debauched as the evening goes on. I take control of the barbecue, because I'm a certified Grill-Meister General. I must have worked in a kebab shop in a former life.

**Bloke** ✓

**02 Who did you last swear at?**

A golfer. I said hello, and he just ignored me. I called him a cunt and walked on.

**Bloke** ✓

**03 What's the biggest sandwich you've made?**

My uncle used to make something called the Speciality Sandwich: turkey, cheese, hot sauce, piccalilli, mustard and lettuce in a triple-decker. Try it.

**Bloke** ✓

**04 What nicknames have you been given?**

Flavio, Flavour-Flayvan. Flav is the one that's stuck.

**Not bloke** ✗

**05 What body parts have you had pierced?**

None, but I used to

wear a fake earring when I was 16 for clubs. It would fall out in the night and I'd always buy a new one.

**Bloke** ✓

**06 Ever thrown a punch and missed?**

Only in my dreams. I kicked someone off a train once, as well. In a dream, of course.

**Not bloke** ✗

**07 What's the biggest thing you've ever set on fire?**

Nothing, but I fucked around with a lighter and some Lynx once to make a flamethrower like in *Live And Let Die*.

**Bloke** ✓

**08 What topping do you have on a pizza?**

Anchovies, pepperoni, capers and maybe a green leaf. Anchovies are the most important ingredient. They taste a bit like Marmite.

**Not bloke** ✗

**09 Have you ever rescued an animal?**

I rescued a wasp from my mum's sink. I jumped in there to save the day. An ol' jar

and piece of paper job.

**Not bloke** ✗

**10 Have you ever killed and then eaten something?**

A rabbit and a pigeon. Rabbit's nice – it tastes like sweet chicken.

**Bloke** ✓

**11 Ever put your penis through your legs and pretended to be a girl?**

Yes, then I spun around to show my girlfriend at the time. It got a big laugh.

**Bloke** ✓

**12 Have you ever fraped someone?**

I'm not on Facebook, but I prefer real life pranks anyway.

**Bloke** ✓

**13 Do you abide by best before dates?**

Yes. I'm quite into it. A couple of times I've rebelled and ended up with a mouthful of horrible cheese.

**Not bloke** ✗

**14 Have you ever worn make-up?**

Of course! Terry Tibbs is the most time-consuming character

to do. They even have to age my hands.

**Not bloke** ✗

**15 Do you own any coloured jeans?**

I had a red pair once, but I'm really into my stonewashed jeans. I dispose of old jeans like my enemies – with a minimum of fuss.

**Not bloke** ✗

**8/15**

You're fooling nobody, Novak. Red jeans? Scared of sell-by dates? It's a crying shame.

SunTrap is out now on DVD

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# **Who invented the hashtag?**

## **+ 13 modern trends explained**

**Words: Anthony Teasdale**

**and Jim Butler**

**Illustrations: Robbie Wilkinson**

## Q Who invented the hashtag?

A The hashtag – or in US English, the 'pound' – is an integral part of how we find topics that interest us online. But it's only been around since 2007, when web whizzkid Chris Messina used it on Twitter to organise groups for tech conference network BarCamp.

Dan Spicer, head of community at social media tool Hootsuite, says: "In 2007, a friend of Messina's used the hashtag #sandiegofire during the fires there, and effectively became the news anchor for the blazes in his area – but Twitter didn't officially adopt it until 2009.

"Its primary purpose is content discovery. It allows people to find relevant content from other people, businesses and brands. And while platforms, especially social networks, will always look at developing new ways of putting content in front of people, they'll find it difficult to find a more effective way of linking common themes and topics than a hashtag."



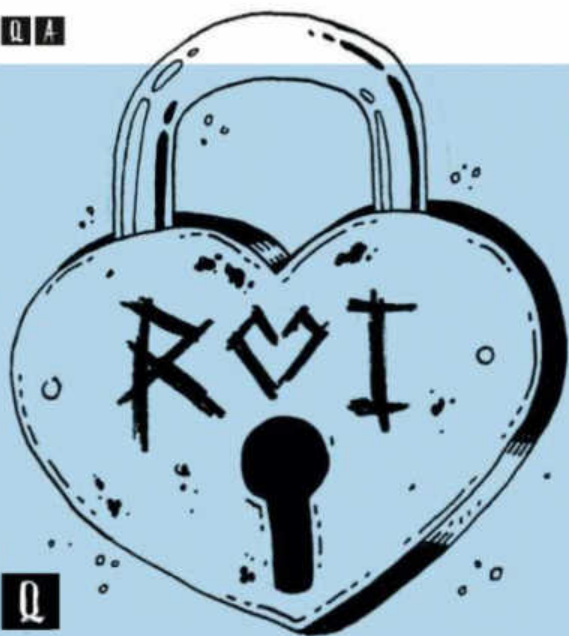
Q

## Why do trailers for films like *Godzilla* always use a gut-wrenching bass sound?

A

Nick Harvey, Bafta-winning composer for music and TV says: "The blame lies squarely with Hans Zimmer. The 'wommmmm' sound that he created for his *Inception* score went on to influence composers and editors for years to come. This sound, the bastard child of a foghorn and a robot, has the depth needed for drama and tension and the explosive impact works a treat for punctuating and highlighting cuts and hit points. Perfect for trailers."





Q

## Who first put a padlock on a bridge?

A

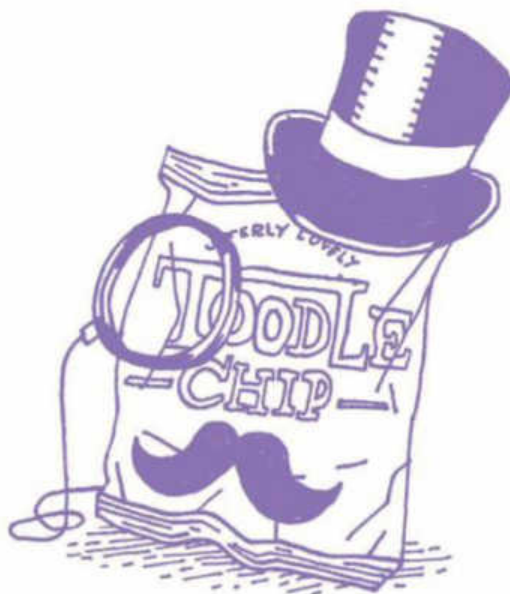
If you've walked along a bridge in a European city and tutted at all the sappy padlocks on it, you may have wondered where it all began. The 'love lock' trend started in early 20th-century Hungary, and is based on a tale of a woman whose soldier husband ran off with another lady. The practice died off, but when it was referenced in the 2006 novel *I Want You* by Italian author Federico Moccia, couples in cities such as Rome and Paris resurrected it. Now, despite the protestations of city authorities everywhere – they've been removed from the Pont des Arts in Paris – bunches of locks continue to blossom throughout the world.

## Where did posh crisps come from?

A It's dinner party night. The Jamie Oliver slow-roast lamb is cooking nicely, the vino's been cracked open and, as the guests arrive, you put out a few bowls of posh crisps to keep everyone happy.

But how did the humble crisp become part of the dining experience? And why is the luxury end of the UK crisp market worth £171 million? The answer lies in Hawaii, where the founder of what would become Kettle Chips, Cameron Healy, saw a chap selling hand-cooked crisps from a cart who was unable to cope with the amount of customers he was attracting.

"We changed the face of snacking altogether," says Chris Barnard, who's been running the UK arm of Kettle Chips since 1989. "Before that, there were massive brands like Walkers and Golden Wonder. Their crisps were cooked in palm oil, with artificial colours and flavours. That's not what we're about. We were passionate about real food, so hand-cooked our potato chips. It's like going back in time and doing it the traditional way: skilled cooks frying potatoes in batches. It enables us to use bigger, high-sugar potatoes, because that's where the flavour is – the caramelisation and colour. That's why you get that crunch."



Q

## Why are online bullies called 'trolls'?

A

From chucking out death threats on Twitter to abusing the parents of suicide victims, dealing with trolls is the price we pay for the internet. But why 'trolls'? Rather than being related to ugly dwarves under bridges, the word is related to 'trawling' in the fishing sense – writing deliberately offensive comments to attract 'bites' – and was first used on pre-internet network Usenet in the early 1980s. It was recorded with its present meaning in the Oxford English Dictionary in 1992.



## Q When did everyone start getting tattoos?

A Once, sporting a piece of human graffiti was the preserve of sailors, barmaids in rough pubs and gents with intimate knowledge of the British prison system.

That all changed in the '90s, as body art and piercings went mainstream. And one man had a bigger influence than anyone else.

"I'd like to thank David Beckham for the upsurge in tattoos," says Dan Lake of Arthur T Sharpe Tattoos in Newcastle. "People copy his tattoos, but it's like a photocopy – you lose some of the quality. Tattoos are now as associated with the middle class as the working class."

He's right: today, 29% of UK 16- to 44-year-olds sport a tattoo. Even the prime minister's wife has one. »



## Q Why did Airbnb and Uber get so big?

A The 'sharing' economy has enabled people to make money from assets like flats (Airbnb) and cars (Uber). The idea for Uber came to Garrett Camp and Travis Kalanick when they were trying (and failing) to get a cab in snowy Paris in 2008. Starting life as 'UberCab' in 2010 in San Francisco, the company was immediately successful for two reasons: first, as an app, its mobile nature meant hailing a cab was painless and immediate; second, the responsive 'surge' pricing meant drivers could charge more at busy times, bringing more of them on to the road. Every journey made brings a cut of the fare to Uber, which means with operations all over the world, the company is now valued at \$18.2 billion.

Q

## What was the first *Downfall* parody?

A

We've all laughed at *Downfall* parodies that see Hitler go ape on everything from West Ham's defensive frailties to Kanye West dissing Taylor Swift. The first recorded parody appeared on 10 August 2006, with Adolf reacting to the lack of features in *Microsoft Flight Simulator X*. Copycat videos multiplied, a YouTube channel was set up, and after initially trying to take the parodies down, *Downfall*'s studio gave them its blessing. Now there are around 1,000 videos.



## Q How did Beats By Dre become the world's leading headphone brand?

**A** If the iPod was the '00s musical accessory, then this decade is defined by Beats headphones (BBD controls nearly 70% of the premium headphone market worldwide).

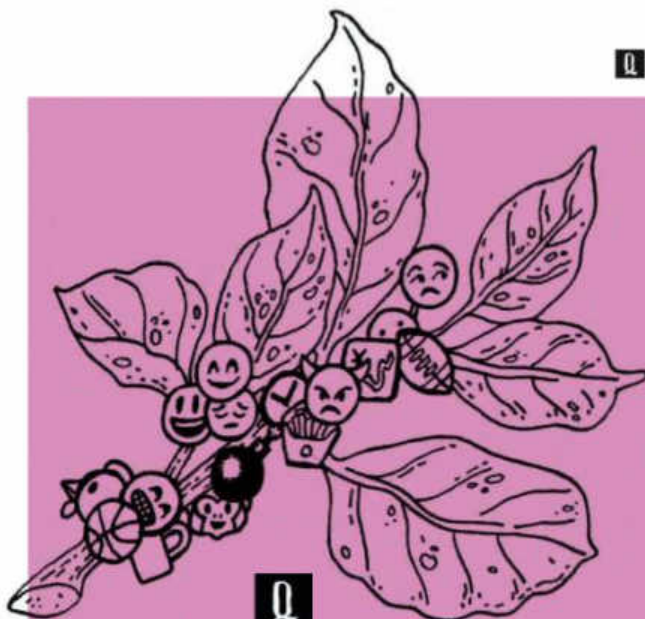
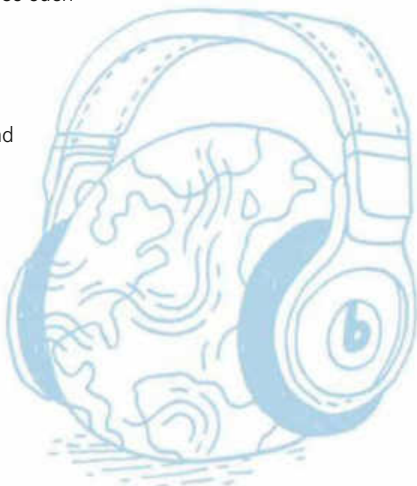
The result of a collaboration between record label boss Jimmy Iovine and hip-hop producer Dr Dre, the brand is the perfect synthesis of technology and popular culture – and so successful that Apple paid \$3 billion for it in 2014.

According to Neil Boorman, author of *Bonfire Of The Brands*, until the arrival of the iPod, only DJs and hi-fi snobs spent money on headphones. But Apple's cheapo white ear buds led to an everyman demand for quality 'cans'. Enter Beats By Dre.

"The problem was that the major hi-fi brands looked stuffy and forbidding," says Boorman. "But Beats headphones are branded like lollipops – all bright and accessible. So that's what everyone went for."

The key to getting Beats' message across was the use of credible music artists like Pharrell Williams and Gwen Stefani in the research stage, before recruiting celebrities such as Robin Thicke, Will.i.am and LeBron James in the marketing campaign.

"Be in no doubt," says Neil Boorman, "if you send a celebrity down the red carpet holding a product that's in normal people's price ranges, they'll snap it up like it's the last product on Earth."

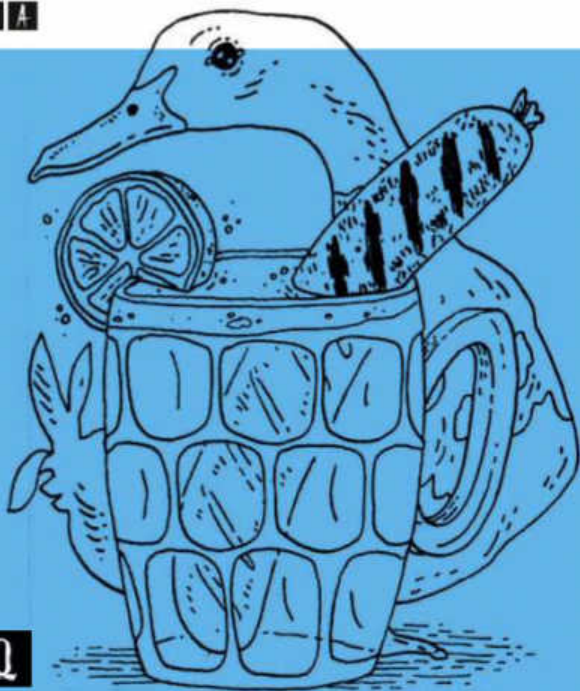


Q

## Where do emojis come from?

A

The first emojis date back to 1999 when Japanese designer Shigetaka Kurita devised a set of illustrations for the first mobile internet network. Influenced by both Manga comics and street signs, they were only used in Japan for years. Then smartphones enabled the 'language' to spread all over the world and, in 2010, the Unicode Consortium approved a set of globally recognised standardised emojis. When Apple included emojis on iOS, the global takeover was complete.



Q

## Where was the first gastropub?

A

The term 'gastropub' was first coined to describe London's The Eagle in 1991. Combining the traditional elements of booze with food elevated above soggy rolls, The Eagle soon became popular with the wordsmiths that worked nearby at *The Guardian*. And as those journos wrote about it, (and traditional English food came back into fashion), the idea of paying 15 quid for sausage and mash was born.

## Q When did 'lol' come to mean 'laugh out loud'?

A Lol! Lolz! Rofl! When it comes to expressing joy online, there's one route everyone follows. But why? It goes back to 1980s Canada when Wayne Pearson, a member of a pre-internet bulletin board called Viewline, coined the term. After being on a list of web acronyms in a 1989 newsletter, its use spread. Today, Pearson says, "A friend of mine who went by the name Sprout (and I believe still does) had said something so funny in the teleconference room that I found myself truly laughing out loud, echoing off the walls. That's when 'lol' was first used. I always emphasised (and still do) that it's meant to be used *only* if you truly laugh out loud... a smirk, smile or giggle just won't cut it."



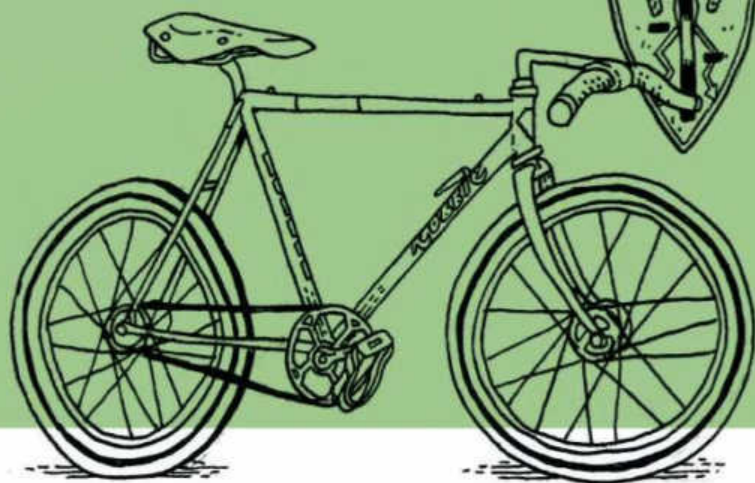
Q

## Why do people ride fixed-gear bikes?

A

Some people – ie us – will witter on about hipsters and their silly ways, but fixed-gear bikes, or ‘fixies’, are more than just about stylish posturing. There’s something simple and practical about a fixie – it’s why they became popular among cycle couriers in the ’90s.

It wasn’t long before the young urban middle class adopted the bikes as a part of their identity. Fixies don’t need brakes as they can’t freewheel, stripping cycling back to basics. They are ‘real’. And hipsters love authenticity.



## Why did the Tough Mudder-style challenge get so popular?

It would be a lie to claim that Tough Mudder pioneered the trend in obstacle races. After all, people took part in military-style endurance events before 2010 (the first Tough Mudder year).

However, the canny folk at Tough Mudder have popularised the ‘mud run’ (a hybrid of obstacle race and trail run). Why? There are a number of reasons, but the increased focus on health and an urge for interesting methods of exercise are key.

Tough Mudder’s vice president of marketing John Lodie says, “Who wants to run 26 miles in Lycra with bloody nipples? You do it on your own. The same with triathlons – you’ve got a bunch of people taking themselves a bit too seriously, buying thousands of pounds-worth of kit.”

A Tough Mudder event is a course that you complete, not something you try to win. And you can’t do it alone, as some obstacles can only be overcome with the help of other racers. This encourages a sense of community, magnified by social media.

Alex Thompson, Tough Mudder’s VP of culture in the US, told BizBash, “There’s no way we could’ve grown the way we grew without social media and without people having the opportunity to see a photo, press ‘Like’, click through to the person, ask if they’re doing it next year and ask if they want to be on a team.”

And with 100,000 daredevils set to take on a Tough Mudder event this year, it’s a trend that doesn’t show any sign of ending any time soon. **FHM**






# SCHWIIING!


It's

*Amy Willerton*

(Est: 1992)

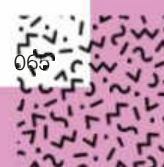



The Nineties are back, and our bombshell cover star  
feels like celebrating...



**Words:** Chris Sayer

**Photography:** Marshall James







If

# you'd have walked through the doors of FHM HQ on an uncomfortably hot day in June, you'd have witnessed a team divided.

On one side of the office, writers were rubbing their eyes in disbelief next to slack-jawed section editors staring down coffee cups in shock. On the other side, social media mangers were spitting out apologies as interns crawled under their desks to seek shelter. All this, because of a TV show.

This was the week that *TFI Friday* made a one-off comeback: the iconic, anarchic '90s telly series that once aired Geri Halliwell and Kylie Minogue snogging (YouTube it), Shaun Ryder F-bombing (YouTube it), Slipknot scaring (YouTube it), and a whole load of assorted offending at the dangerously early time of 6pm.

But the team were firmly split in half over it. No matter how many times the guys in the office who were born pre-1989 squealed 'Wiiiiiiiiilll' or sang *It's Your Letters*, there was no convincing the babies of the mid-'90s that seeing a 49-year-old ginger and his nerdy pal was a shit-hot show you should just bleeding well *know* about, never mind one you should bother staying in on a Friday evening for.

Throwbacks to the '90s haven't just been occurring on your TV screens, though. Stick on the radio and you'll hear rappers such as A\$AP Rocky spinning up hip-hop good enough to stand out in the golden year of '94, and look on the high street and you'll see powerhouse brands Calvin Klein, Ellesse and Fila once again on our sweatshirts.

You could even head down to your local park and watch pretty ladies stroll by in dungarees, crop tops and high-waisted jeans as they channel your girl crushes of two decades ago. Or, if a park is out of reach, just take a look at the incredible Miss Amy Willerton – '90s child, ex-Miss Universe Great Britain and former Pokémon collector – over the following pages, and try telling us we're wrong. The '90s are back, and here's your sexy proof.

**Hi Amy! You know, there's only one way to truly tell if you're a child of the '90s.**

Oh yeah? Go on.

**It's a major test...**

Oh God.

**A big one...**

C'mon then!

**Finish these lyrics: "In West Philadelphia, born and raised..."**

On the playground was where I spent most of my days! Chillin' out maxin' relaxin' all cool... *The Fresh Prince Of Bel-Air!* Ah, it would have been terrible if I didn't know that, especially as I was in *I'm A Celebrity...* with Alfonso Ribeiro [who played Carlton].

That's got to be the most legit *Fresh Prince* experience ever, right?

**Yes! What was your biggest '90s playground craze?**

It had to be Pokémon cards. I still have my massive folder filled with them.

I collected hundreds and hundreds, but I stopped when I got hold of an Ancient Mew card. When I got that, I sorta became a Pokémon playground legend and retired.

**What was the first single you bought in the '90s?**

Hmm. The first album was obviously *Spiceworld...*

**OK then: Baby, Scary, Posh, Ginger or Sporty?**

It was all about Baby Spice. I was obsessed and always had my hair in bunches. At the end of last year I was at a Peter Andre concert and Emma Bunton sat down right next to me. I actually let out a scream, so I had to leave the room because I was so embarrassed. It's weird – I've met a lot

*"I've become a proper California girl lately"*

of famous people, but when it's someone from your childhood, no matter how cool you are, you just become a kid again. You freak out.

**What about: Billy, Barry, G-Funk, Noo-Noo or Titzzz?**

Who?

**You don't know?**

No...

**They were in a band called The Fibs? Had a number one called We're Only Pulling Your Leg, Amy?**

Never heard of it.

**Why do you think girls are looking like they've just jumped out of the '90s? Sexy ladies are loving dungarees and high-waisted jeans again, right?**

Well, I'm thinking, "Thank the Lord!"

I've always dressed like it's still 1999, and now wearing clothes like that is cool, people think I'm cool! Everything's cyclical though, isn't it. In another 20 years, crop tops will be cool again.

**Looking at these shots, it's actually spooky how much you look like '90s supermodel Cindy Crawford...**

I always seem to get compared to models from the '90s. Cindy mainly, and a young Janice Dickinson I get a lot, too. Obviously, I'm extremely flattered to get comparisons to such incredible women!

**Flash forward to 2015, and you've had a bloody brilliant year.**

I have! I've finally moved out to America after wanting to do it for ages. I just thought, "Let's go for it!". It's been a total life changer. I've become a proper Californian girl and gone blonde again. I used to spend about 80% of my time indoors, and now I'm in the US it's the other way around. I'm outside all of the time – surfing, doing yoga, running, riding horses and fishing.

**We saw you channeling your inner Robson Green and hooking whoppers on your Instagram...**

Yep! I was catching Bluegills in Indiana. I mean, I used to camp a lot with my parents when I was young, but I never actually went fishing. When I was last in Bristol I told my Grandad that I'd been out fishing and actually caught fish, and he was so proud.

**Would you ever go 'noodling'?**

What is that?

**It's fishing for giant catfish with your bare hands. You ram your hand into**

**a catfish hole, grab it by the mouth and then pull it out.**

Well, it sounds lovely. If someone asked me, then yeah, why not. I'm not really a squeamish sort of girl so I'd be up for it. Although, the first worm I threaded on to the hook when I was fishing definitely wanted to live. I felt sorta bad doing it, but it worked because within five minutes I'd hooked a big one.

**What other awesome skills have you learned since living like an American?**

I'm still learning about all the sports out there. When I went to see the LA Clippers play basketball, the guys I was with played a trick on me, so every time the Clippers scored I screamed, "Yay, touchdown!". That was pretty embarrassing.

Seeing the Dodgers playing baseball was awesome, too, but the most ridiculous thing so far was being at that UFC Ronda Rousey fight that lasted 14 seconds. She's incredible.

**Didn't you hit up the Indy 500 too?**

That. Was. So.

Cool. The atmosphere is mega. If you sit right at the top of the stands, you see the whole circular lap, and even way up there you get deafened by the noise and feel the tension.

**What sorta stuff would you be willing to do to get some airtime on the big sports screen?**

Oh, like crowd cam? Well, there's the obvious thing a girl can do to grab attention, but would I do it? Hmm... I don't know.

**Which sporting venue do you reckon has the best eats?**

It's gotta be Dodger Stadium. You get hotdogs and chicken wings there, instead of just one or the other, so I was really impressed. The beer is

*"I was kind of a Pokémon playground legend in the '90s"*

*Angie  
Willerton*



*Amy  
Willerton*





pretty standard everywhere though. It's not great.

**Are there any other American eats that blow you away?**

Everyone needs to try pretzel cheddar beer. It is honestly amazing. It's a pretzel that comes with a huge bowl of cheesy beer sauce. I'd never even heard of it before I came to the States, but it's so, so good. Oh God, this definitely isn't a health and fitness interview, is it?

**It sounds like you're on a permanent holiday, Amy.**

Ha ha, it does, doesn't it? But actually, I've got some amazing work coming up, too. I don't know how much I'm allowed to tell you, though...

**C'mon...**

Well, I've been working with Jack Osbourne and his production company on something so cool. They've commissioned a pilot episode around me, and we started filming in July. It's so exciting, but that's all you're getting!

**We haven't totally lost you to the Americans though, have we?**

No way! You can take the Brit out of Britain and all that... no, I'm still in love with home. Like, I went to Stonehenge the other day! You can't do that in America. I'm really a closet wizard geek.

**Uh huh.**

No, really! I actually believe I was a dragon slayer in a previous life.

**Uh huh...**

I love everything to do with fantasy. I love getting lost in video games like *Fable* or *Dragon Age*. I've got an amazing plan for when I'm old and retire, actually. Instead of going into a home I'm gonna buy myself a La-Z-Boy and plug myself into an Xbox or PlayStation. I'm basically gonna be a dragon-slaying OAP. That's a bloody good way to spend your final days. **FHM**



# BIN IT or BRING IT BACK?

Which of these '90s faves  
will Amy choose to resurrect?

## POKÉMON CARDS



### TAMAGOTCHI

"It was always too emotional  
when your Tamagotchi  
died. I've still got all my  
cards, so I'm ready for a  
Pokémon resurrection."



## SMELLY ERASERS



### SMELLY GEL PENS

"Gel pens, all the way."



## SEGA



### NINTENDO

"I've got way more memories  
of the N64. I'm totally going to  
find mine and have an epic  
*Banjo-Kazooie* session."



*"I've  
always  
dressed  
like it's  
1999"*

**WALKMAN**



**GAME BOY**

"Oh man, this is a real tricky one. But I absolutely loved making mixed tapes, so..."



**SOUTH PARK**



**THE SIMPSONS**

"I can't imagine a world without *The Simpsons*. I can't believe I have to kill Kenny off!"



**SONIC**



**BUZZ LIGHTYEAR**

"To infinity, and beyond!"



**SUNNY D**

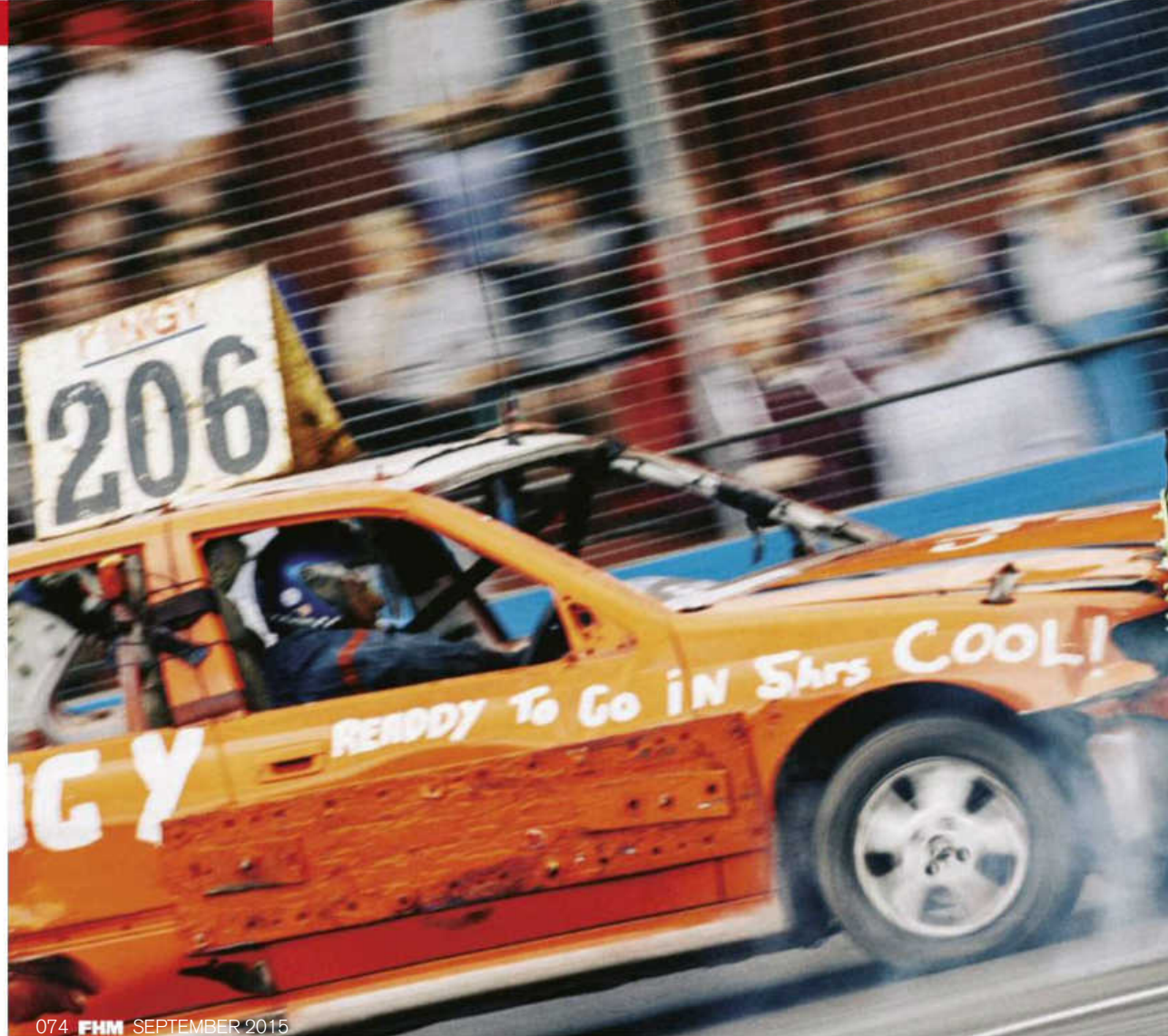


**HOOCH**

"I was a bit too young for Hooch. Sunny D, though, was *delightful*. It made people go crazy."



# IS THIS THE WORLD'S MOST DANGEROUS MOTOR



THEY'RE THE POSTMEN, TEACHERS, CARERS AND SCHOOLCHILDREN WHO SPEND THEIR WEEKENDS CRASHING CLAPPED-OUT CARS FOR FUN. *FHM* VENTURES INSIDE THE WEIRD, THRILLING AND DOWNRIGHT LIFE-THREATENING WORLD OF BANGER RACING

# SPORT?

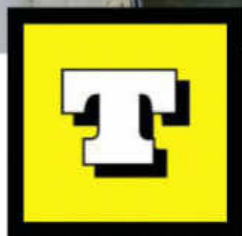


WORDS: SAM ROWE



PHOTOGRAPHY: GREG FUNNELL

075



he scene in the pits is one of absolute chaos. A stench of motor oil, burnt rubber,

chip fat and sweat clings to our nostrils and mini tornados of dust coat our face and teeth with grime.

To our left, a bloke aggressively jumps on his car's bonnet – keen to iron out its wrinkled hood by way of a Dr Marten boot – while on our right, a buzz saw carves through a twisted wheel arch, sparks flying worryingly close to a swollen tyre that looks ready to blow. With a deafening concerto of engines completing the sensory overload, crumpled motors become mechanical miracles by grunting back to life and edging towards the track for just one more ride – albeit chased by puddles of oil and a fog of black.

Welcome to the world of banger

**SPEDEWORTH'S GAVIN BOTFIELD ATOP HIS BELOVED HOT ROD. DESPITE CURATING EVENTS ON EIGHT BRITISH TRACKS, HE'S "TOO SCARED" TO DRIVE A BANGER**

racing: the planet's most exhilarating, grease-splattered motorsport – available to men, women and children aged six and up. Health and safety enthusiasts need not apply.

Hours earlier, *FHM* is stepping off the train in Aldershot, Hampshire, a town trumpeted as 'Home of the British Army'. But we're not here to see squaddies on manoeuvres. No – Aldershot is also home to Spedeworth Motorsports, a promoter that stages banger, hot rod and stock car races across eight British tracks, along with events as far afield as Ireland, the Netherlands and South Africa.

Meeting us is Gavin Botfield, heir to the Spedeworth empire and occasional hot rod racer (a class where contact between cars is forbidden). Working seven days a week in the family business – orchestrating races, building custom race vehicles, then cleaning up the stacks of mangled steel left behind afterwards – Gavin lives speed, breathes danger and sweats petrol. And yet...

"You wouldn't get me in a banger – too scared," he tells us, as the paint fumes in the Spedeworth workshop make us feel light-headed. "It's the thought of going into a bend and knowing the bloke behind you could pick you up and drive you straight into the wall. In a hot rod, that very rarely happens, so you don't have that fear."



As British as pie and mash, snoozing and lobster tans rolled into one, banger racing first smashed its way on to our shores in the 1960s. A spin-off of traditional stock car racing, it saw light after promoters realised the loudest cheers during a race meet were after the occasional collisions. Thereafter, crashes took centre stage.

In the modern scene, banger drivers are divided into two groups: rodders (in it to win), and crashers – there for the adrenaline alone. The rules state you can't hoon it into another racer's door (though this does often happen), and... that's pretty much it. Everything else is legal.

After returning home from another

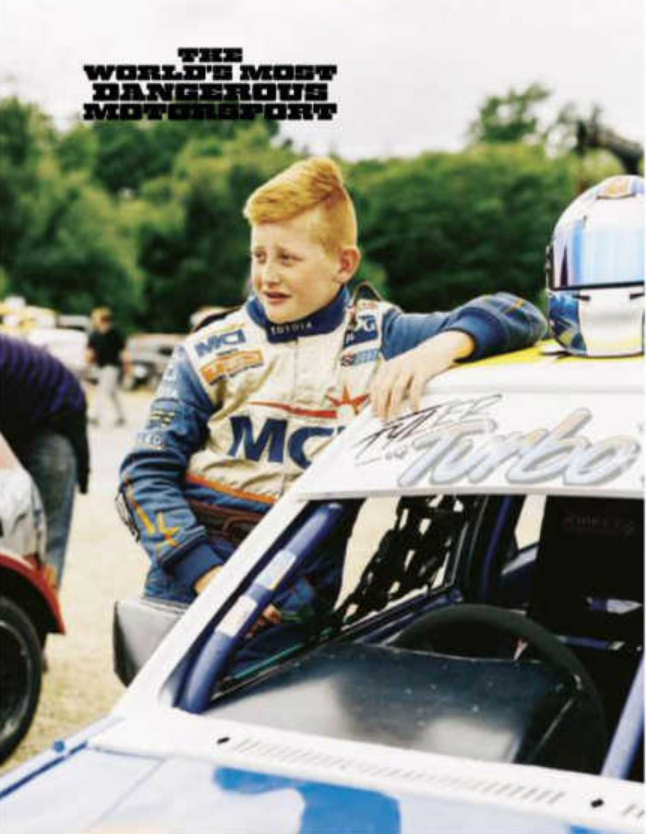
Spedeworth event in Ipswich ("our Wembley," Gavin tells us) at 2am this morning, Gavin was up early to get Aldershot Raceway ready for today's meet – a testimonial for John Dodge, a 68-year-old whose racing career is in its fifth decade. With 'Back to Basics' Bangers, Historic Stock Cars, Junior Rods and Ladies Bangers formulas all on show, all classes except the juniors (kids aged 10 to 16 zooming round in hatchbacks) allow some degree of car-on-car contact.

Given it firmly flicks the Vs to the bubble-wrapped, politically correct backdrop of mainstream motorsports and, moreover, modern life, racing bangers does come with risks. A number of deaths, of both adults and children, have marred the sport in recent years. "It's always a tragedy for our community," says Gavin, stoney-faced. "Deaths do happen, but they are rare."

Injuries, though, range from whiplash and fractured bones to plenty of cuts and bruises. Safety is by no means overlooked – each car is stripped out, equipped with a roll cage and five-point harness, with racers duty bound to wear a helmet, gloves and fireproof overalls. But such scrapes are mere collateral damage for the pure,

**“  
DON'T  
TALK TO  
ANY  
DICKHEADS  
”**





unadulterated rush on offer, in what is essentially bumper cars on amphetamines.

"It's the thrill of it," says Heather Parker (who'll later smash her way to victory in the Ladies Bangers final), on what lures her into the driver's seat. "It's the excitement of seeing cars being crashed up, you know?" At 51, Heather is a mild-mannered carer by day, yet, come the weekend, she – along with her husband, sons and daughter – unleashes hell behind the wheel of a screeching motor. This, as far as her colleagues are concerned, is her dirty, oily secret.

"The people I work with don't know I do this," she says, beaming. "They'd be shocked, because I'm this gentle carer, then I change into overalls and off I go. It's like Clark Kent putting on his Superman pants – I become a totally different person."

Amid the toxic fumes that'll likely shorten life expectancy, one thing unavoidable in the pits is the strong

## “ **THIS SPORT USED TO BE FULL OF SCUMBAGS** ”

sense of family. Fathers race alongside sons, mothers with daughters – multiple generations coming together to cheer on a racer, inflate a tyre or wallop a door back into shape with a hammer. John Dodge, the pro in whose honour today's event is being held, has two sons, a daughter, a niece, two nephews and a grandson competing today.

Though Spedeworth's Gavin claims "rich businessmen" running cars worth £40,000 are regulars at hot rod events, Henley Royal Regatta this is not. There's no shortage of men in shorts, tapestries of tattoos and panting dogs on chains, along with cheeseburger vans and lager stands open from mid-morning. And yet, with a crowd ranging from ear-defender-clad toddlers to OAPs

napping in chairs, it is a wholly welcoming environment, even to us – the confused, mechanically dunce outsider.



Tyler Proudlock is 11 years old, yet he owns six Vauxhall Novas. We stumble across him and his dad – former Hot Rod World Champion, Shaun Proudlock – reliving every bend of the first Junior Rods race, in which Tyler just finished fifth. Proudlock Senior believes it's all-action hobbies such as racing that keep youngsters like Tyler on the straight and narrow, rather than doing doughnuts in car parks.

"He's gonna get his anger out on that track – you put your foot down and the aggression comes out," says Shaun.



**FAR LEFT:  
11-YEAR-OLD  
TYLER PROUDLOCK,  
OWNER OF SIX  
VAUXHALL NOVAS**

"I was racing before I went on the roads, and I failed my first driving test for going too slow. I was overcautious!"

Of course, the bangers scene is not without its critics. Race car fans shed actual tears about the finite circle of classics made smaller in the handful of vintage-car-only meets held each year. "Anyone involved with this event should hang their head in shame," Nick Larkin of *Classic Car Weekly* said in 2011 of an annual race of vintage Austin Westminsters. "These were rare cars, part of our heritage."

But Deane Wood, Spedeworth owner and Gavin's stepdad, hailed that meet as a "great success", responding: "No salvageable cars were used and the cars raced yielded a lot of almost impossible-to-find spares [...] that would otherwise have been lost if the cars were left to rot."

Deane has spent the past decade since purchasing the company attempting to redraw the blackened image and stereotypes of banger racing that, it seems, still run deep.

"Don't talk to any dickheads," he growls at us when we first meet,



holding out a swallow-inked hand. "This sport used to be full of scumbags. Years ago, it would be: steal a car, bring it to a race track and smash it up as a banger."

Gavin agrees: "To some, banger racers are the lowest of the low. It gets a bad reputation because cars do get nicked, and people think it's the racers. I'm not saying it doesn't happen, but it's stigma more than anything. Shit sticks."

Out on the track, *FHM* – dressed in a fetching high-vis tabard – has been granted access to the track's centre, providing the best and also pant-spoilingly scary view of proceedings. As 40 clapped-out bangers eagerly whizz out in turn, every one a write-off to any garage, we can practically taste the petrol stripping the back of our throats. And we're fairly sure we've perforated an eardrum.

As the safety car peels off and the motors speed into the first bend, the action that unfolds is what can best be described as X-rated car porn. Brightly coloured machines – sporting adverts for local companies, or slogans like 'Keep Calm and Crash On' – thunder in to each other without mercy. A lime green Vauxhall flies into the air after being shunted into the wall, as a silver Citroen with a crumpled-origami bonnet slams into its backside, the driver unable to see through the ink-black plumes billowing out.

Fans grip the wire fence baying for more, as the rodders navigate their way around the carnage in a desperate bid to register laps. With cars spinning out and piling



up – one ending up on its roof – we have no clue who's winning. But then, like every other fan here, we're not sure we care.

The red flag falls, and hunks of metal and bumper pieces are cleared from the track; cars exiting the arena either of their own volition or with the help of a forklift. In the pits, last-minute repairs are in overdrive, as it's just been announced the day's final event will be a destruction derby, where several cars relentlessly batter each other until just one car remains. Keith Reynolds, a scene legend who proudly claims to have destroyed over 900 cars, is swapping out a radiator ahead of the final showdown. We ask if he's a mechanic for his day job, too.

"I'm a postman," he says, chuckling. "I couldn't work in Kwik-Fit, but we will do anything just to get the car out on the track again. We once fixed a car by using a ring-pull off a Coke can."



seconds from the climactic destruction derby, there's electricity in the air – despite the resident DJ playing an Ed Sheeran ballad that threatens to flatten the mood. "I'm sure there's going to be a bit of cleaning up after this one,"

shouts the announcer, as the motors that have somehow survived this far without being destroyed assemble on track. Not that they look like cars any more: most look more like scrunched-up pieces of paper.

The flag drops and the crowd roars. Each driver loudly selects a rival and hurtles towards them as fast as his juddering engine and depleted tyres will allow.

Within minutes, most cars are stationary – due to either a hefty whack from behind or simply a spluttering, packed-in engine. Postman Keith is tormentor-in-chief. With his nickname – Keefy – adorning the side of his motor in bold, capitalised letters, the crowd applauds each collision and chants his name.

Just as Keith reverses hard into what appears to be his final opponent – a five-door that now resembles a hatchback – his own car shudders to a halt. It would appear that, as the last car standing, he is the DD victor. Then, suddenly, another car strewn to the side of the

**EVERY BANGER DRIVER WEARS A HELMET, FIREPROOF OVERALLS, GLOVES AND A HARNESS**

## TALK THE TALK

*Our guide to understanding the banger racing lingo*

### RODDERS

A driver intent on getting round the track as quickly as possible, in hope of bagging a trophy.

### CRASHERS

Adrenaline-fuelled racers that love nothing better than rear-ending a driver, even if it means ending the race upside down.

### BUMP AND RUN

A move where the chasing driver unsettles the car in front by giving it a whack, then overtaking and leaving him behind.

### BLITZ

Any manoeuvre where a car is mangled to the point of being undriveable.



course – that had appeared to have long since conked out – resurrects, accelerating round the track and snatching Keefy's win at the final moment. It had been playing dead since the start.

It doesn't matter that Keith lost. The spoils in banger racing aren't exactly plentiful; all you net for a win is £10 – £15 if it's a final – plus a cheap-looking trophy and victory lap of the raceway. For Keith, like most others, banger racing is about none of these things. No, for him – and the hundreds of racers who don overalls and helmets and clamber into smashed-up bangers to smash them up some more – it's the stomach-churning buzz he'll never find driving his post van around Guildford.

"Adrenaline's like a drug – it's good

## “ TO SOME PEOPLE, BANGER RACERS ARE THE LOWEST OF THE LOW ”

gear," he says. "From your very first time racing, you'll never forget the smell. People say hot bread or freshly cut grass is the nicest smell. But for me, nothing beats the smell of a burning clutch."

As scattered piles of debris are swept up by recovery vans, the crushed remnants of cars are stacked neatly by a forklift truck, from which they will soon be dispatched to the scrapyards in the sky. Showtime over, hundreds of fans take their leave, trusted to drive responsibly – and not headlong into each other – on their journeys home.

We follow the crowds towards the exit and spot crasher supremo Keith again, mopping the sweat from his shaven head with a gloved hand.

We have one final question: what's in his garage?

"I drive a Nissan Micra – it's good on fuel," he says. We laugh. Keith doesn't. He's deadly serious. "Honestly, if you got in the car with me, you'd think I was an old granny."

He pauses, as if reliving some devastating, life-altering memory, then adds, "Someone called me an adrenaline junkie the other day, and it really offended me. I'm not at all. I wouldn't jump out of an aeroplane and I think rollercoasters are dangerous. I just race cars. I'm not looking for the next massive buzz. This is enough." **FHM**

### THE BIG ONE

A massive pile up involving up to 40 cars – most likely to be seen in a banger race or destruction derby.

### BROWN TROUSERS

The feeling of dread a driver experiences when, broken down, an opponent speeds at them head on.

### GUY FAWKES

A car that's received such damage that, though able to carry on, bits hang off and sparks fly.

### T-BONE

Technically illegal, the action of pelting a rival's car on the driver's door – the shape resembling the popular cut of beef.

### TAKING IT TO THE WALL

Ramming an opponent into the track barrier, with a view to murdering their motor.





# NEW SEASON

# NEW JOB

Ever dreamed of making a career out of football? Eight people tell us how they earn a living in the beautiful game without kicking a ball

**Words:** Anthony Teasdale

**Photography:** Marco Vittur

# "I WAS NAIVE... THAT'S HOW I MADE IT"

**Jim Proudfoot, 43, commentator**

*A commentator for TalkSport and Absolute Radio, Jim Proudfoot has been working in radio since 1991. He's commented on everything from the World Cup to the Champions League*

**Your football team is like your family.** I can criticise my family, but if you do, I'll get on the defensive. A supporter feels the same way. I did a game once and, afterwards, was accused by both clubs' fans of being biased towards the opposition.

**You need luck to do this professionally.** I had complete naivety when I was young, but if I was starting now, I'd just see the pitfalls and obstacles in my way.

**I lost 100 days' work in a year when ESPN lost the broadcast rights to football in 2012.** As a freelancer, there are times when you think, "I've never had it so good." Then there are other times you think, "Am I yesterday's news?"

**When you turn up at a ground, you catch up with your mates.**

A lot of us in this industry get on very well.

**Arsenal and Chelsea do the best food in the Premier League.**

Manchester City are up there, too.

The worst is Newcastle because the owner Mike Ashley is rowing with everyone, so we don't get any.

**The teams are announced about an hour and a quarter before the match starts.**

The media gets them 15 minutes before the public. After that, it's busy. I'll work out the formation, tell the floor manager what's happening and he'll get in touch with our base.

**I support Torquay United.** I don't get the chance to commentate on them, though.

**A co-commentator brings something I don't have: gravitas.**

I describe what's going on, he'll say why it's happening. If I say so-and-so is having a bad game, people will ask what right I have to say that. But if someone like Kevin Kilbane says that, it carries a certain weight.

**In 10 years there'll be the need for fresh commentators.** If you want to do it, go for it – it might as well be you.



## "I HAVE TO TRUST PLAYERS IF THEY SAY THEY'RE INJURED"

**Mike Preston, 31, head of medical services at Rotherham United**

*South African Mike Preston moved to England to further a career in sports physiotherapy, working at Spurs and Brentford. He's now at Rotherham United*

**Players don't get too down if they're injured.** That's unless they know it'll keep them out for a while – it's massive psychologically if they lose their place in the team.

**You want a good relationship with your manager.** You need to be able to tell him anything. If a player's told you something in confidence, it's not my position to tell anyone, but if it's a sniffle, I'll tell the manager.

**Players don't fake injuries if they've started a game.**

If they don't fancy it, they'll pull out on Thursday or Friday. I have to trust what they say.

**When we go to an away match, we take most of our equipment with us.**

We don't take our doctor, but I'll go, or an assistant will.

**Players come for pre-season training in good condition.** It's a cut-throat game, so they'll take a fortnight off, then work for four weeks.

**I don't have a Friday or Saturday night.** My social life has gone out of the window. You can't do this job if you don't love football.

## NAIL YOUR FIRST COMMENTARY

### Make sure you're prepared

I only use about 10% of what I've researched, but you have to be familiar with every player.

### Vary your language

Practise saying the same thing, but in as many different ways as possible – otherwise you'll sound boring.

### Think of the listener

For radio commentary, you need to describe where the ball is and who's got it. On TV, the viewer can see that.

### Leave yourself somewhere to go

Don't get too excited too early. If there's a goal at five minutes and you go crazy, it can only go down from there.



## "IF I DON'T LIKE THEM, I SHIP THEM OUT"

**Harry Redknapp, 68, manager**

*After retiring as a player, Harry Redknapp became manager of AFC Bournemouth in 1983, where he stayed for nine years. Since then, he's managed the likes of West Ham, Spurs and, most recently, QPR. He's currently a free agent*

**When I became a manager, it took two weeks.** To get your coach's badge, you went to [the FA centre] at Lilleshall. Now it's a two- or three-year job. It's cobbles.

**I'm so busy.** Too busy. Every day I'm driving here or there, on the charity kick. I haven't said no to anybody. I've played golf eight days running – charity days. I like going racing but everyone's got cameras, putting their arms around me, saying, "Come here, Harry."

**I'm happy walking the dogs.** Me and my wife aren't ones for going to parties.

**Kids today come into football clubs at 15.** They all think they'll sign a contract, but they don't practise enough.

**When you go into a new team, you know the ones you want to keep.** You ship the ones out you don't like pretty quick, then you look to bring your own people in.

**Bobby Moore would have 16 pints on a Saturday night.** But every Sunday at 9am he'd put a tracksuit on and do 12 laps of Upton Park.



# “I KEEP THE PITCH LOOKING BEAUTIFUL”

Colin James, 45, head groundsman

at Leyton Orient

*A groundsman for 23 years, Colin James is responsible for the pitch at Leyton Orient's Brisbane Road*

**You have to accept that the pitch doesn't stay perfect.** Players will make divots in it right away.

**We use 100% rye grass that's designed for football and rugby.**

It's not what you'd use in your back garden and tougher than cricket or tennis grass. It looks beautiful.

**Pitches look so much better these days because the technology has moved on so much.**

At Premier League level, they have a system called Desso GrassMaster, in which artificial grass is sown into real grass, holding the pitch together.

**It's an all-year round job.** People think we don't do anything in summer, but it's actually one of our busiest times as we have to renovate the pitch completely.

**The worst thing is when a player**

**scores, goes to the fans and the team all slide on their knees behind him.** It creates tramlines in the grass. I'm the only one in the stadium not celebrating.

**Across the world, English groundsmen are seen as the best.**

A guy called Paul Burgess left Arsenal to go to Real Madrid.

**Players prefer the grass short – around 25mm – and wet so they can spin the ball around.** If the grass is dry and long, the ball sticks. I've heard about a manager who left it long and dry to stop the other team.

**Wembley is the one everyone looks at: that's the top job for any groundsman.** I'm a Liverpool fan, so I'd love to go and work at Anfield, too – just to cut the grass there once. But I'm very happy at Leyton Orient.

## GIVE YOUR GARDEN THE WEMBLEY TREATMENT

### Cut it little and often

Don't wait until your grass is really long to cut it. Little and often is the way.

### Get that rake out

Rake all the dead grass and leaves off, and raise your grass up so it's easier to cut.

### Use your watering can

You need to water your grass regularly – and do it in the evening, otherwise it'll be burned off during the day.

### Get your stripes

A roller will give you those Wembley stripes, but if you haven't got one, you can use a broom.



## “MAKE NEW FANS, KEEP THE OLD ONES”

**Paul Rogers, 42, head of digital media at AS Roma**

*Formerly overseeing international digital development at Liverpool FC, Paul Rogers is now in charge of AS Roma digital media output. His job takes him between California and Rome*

**Roma are possibly the most ambitious club in Europe right now.** Owner Jim Pallotta looks at Roma as a 21st-century content company as well as a club. **Social media is important to every football club.** But a lot have become obsessed with it, building their entire content strategies on platforms they don't own. Our biggest focus is developing a new digital platform that we own. **Indonesia boasts more Roma fans than any other country.** But it's important we never lose sight of the fans here in Rome. Lots of clubs neglect local supporters to chase new ones. That's sad. **I'm there to do a job.** I'm not there to make friends. **If you want to get into this industry, you can easily set up a blog or a website.** Build your own audience and then contact staff who work at clubs on Twitter or LinkedIn. **Think carefully about what you post on social media.** Taking to Twitter after a defeat to tell the manager they don't have a clue won't help you.

# “WHEN FANS HURT THEMSELVES, I'M THERE TO HELP”

*Derby County fan and student Callum Smith combines his love of the game with working for St John Ambulance at football grounds in the East Midlands*

**I cover Mansfield Town, Notts County, Derby and Northampton.**

If I didn't go as a first-aider, I'd be there as a spectator. I love football. **People can be aggressive, especially if they've had some alcohol.** Booze is involved in about 40% of what we have to deal with. We don't want to spoil anyone's fun, but we don't want to become patients ourselves, either.

**I deal with everything from cuts and bruises to heart attacks and cardiac arrests.** A heart attack and a cardiac arrest are two different things. A cardiac arrest is when the heart has stopped or is beating in a way that won't help

you. A heart attack is a blockage in the coronary artery, so the tissue begins to die.

**People get injured when there's a goal.** They stand up really fast and cut their knees on the rim of the plastic seats. Fans also fall down stairs when their team's scored so we have to tend to them.

**In terms of the actual players, we get a lot of fractures.** We take them off the pitch and then give them some pain relief.

**Sometimes it's a bit of struggle not to get carried away with watching the game.** But my priority is looking after people and making sure that everyone's safe.

## HELP YOUR INJURED MATE AT FIVE-A-SIDE

### **Communicate with him**

Speak to your mate and make sure that his airways are open.

### **Cushion the leg**

If you think their leg might be fractured, cushion it with a blanket or T-shirt.

### **Check for blood**

If it's bleeding severely, put pressure on it to stop the blood loss.

### **Wait for the professionals**

Wait for the ambulance – they'll take care of the rest.

*Find out more about the St John Ambulance at [sja.org.uk](http://sja.org.uk)*



Callum Smith, 19, advanced first-aider

with St John Ambulance



## "I CLEAN THE KITS, AND THE PLAYERS ARE SO GRATEFUL"

**Adrian Martin, 42, kit manager at Leyton Orient**

*A groundsman at Orient until a back injury from a car accident made it impossible, Adrian Martin is now responsible for cleaning both the match-day strip and all the training gear. He says it's his dream job*

**At the start of the season our players get two home kits and two aways.** If they decide to swap shirts with the other team at the end of a match, we charge them for another one. At £45 a time, a lot don't bother to swap, unless we're playing someone big! **I've got two washers and two dryers.** A match kit will be done in six to eight loads, and it'll take three to four hours to get it washed and pressed. **The players are grateful for everything you do.**

Everything is laid out for them on match day but within a couple of minutes, one player has dropped his on the floor.

**Everyone knows everyone in football.** We've got our own page on Facebook called FC Kitmen. You chat before your teams play to make sure their colours don't clash.

**I couldn't get a white kit clean once.** I put something on the Facebook page and someone from Kilmarnock told me to use Flash Bathroom.

**The job isn't for someone young.** I start at 7am!

## "I LIKE BEING THE ONE TO HELP FANS OUT"

*Amanda Jacks works at the Football Supporters Federation, which represents the concerns of football fans. She offers advice and support to those who feel unjustly treated by the police and football authorities*

**Around 80 per cent of the people that come to me have never been arrested before.** They ring me up on a Monday morning in shock after spending the night in a cell. I'll take their details in a statement, then forward it to our lawyer.

**The police's perception of football fans has improved.** However, it's not necessarily the police at the top that are the issue. Lower down the chain, there's a thinking among some that football is a chance to crack heads – metaphorically speaking – if people step out of line.

**I'm currently representing a man accused of assault.** He hit a steward with an inflatable shark.

**When it comes to the police, sorry still seems to be the hardest word.** It's difficult to get complaints against them upheld – the procedure is boring, long and very arduous, so a lot of people give up.

**In the old days, supporters were the main source of income for clubs.**

Now, with the importance of TV, some think they don't need fans any more.

**Not only do football fans charged with an offence have to worry about a daunting process, they also have to worry about getting a football banning order.** In our experience, a banning order will be applied, regardless of the offence or the history of the offender.

**I like being the advisor on the end of the phone.** I assure fans that they're not going to go to prison just because they told someone to fuck off.



**Amanda Jacks, 46, case worker at  
the Football Supporters Federation**

## KEEP CALM WHEN YOU'RE IN TROUBLE

### Take a deep breath

Try to be polite, even if you're really angry – you might get let off.

### Use your phone

Ask a friend to film your arrest on his phone, so you have a record of what's happened.

### Know your rights

At the station, ask for a solicitor. Don't say anything to the police without one.

### Listen to the expert

Your solicitor will tell you what to disclose and when. Don't do the police's job for them.

# What became of the likely lads?\*



\*They split up in 2004 in a blizzard of booze and drugs. They got back together and made a new album in Thailand. Q went along for the ride and, this month, brings you the full unexpurgated story of The Libertines' death-or-glory return...

**THE ULTIMATE GUIDE TO MODERN MUSIC AND MORE. ON SALE UNTIL 24 AUGUST**

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# HOW TO BE FAMOUS IN 2015



## **LIFE SEEMS EASIER WHEN YOU'RE A CELEBRITY.**

YOU NEVER SEE GEORGE CLOONEY QUEUING AT THE BAR OR TAYLOR SWIFT BEING TOLD SHE CAN'T USE THE TOILETS AT BURGER KING UNLESS SHE BUYS SOMETHING. IT'S A BLISSFUL, STRESS-FREE EXISTENCE, AND WE WANT IN. SO WE CHALLENGED WRITER AND PROFESSIONAL IDEASMAN MIKE RAMPTON TO COME UP WITH CONCEPTS THAT COULD MAKE HIM A HOUSEHOLD NAME, RECOGNISED IN EVERY LIVING ROOM, PUB AND BINGO HALL ACROSS THE NATION. THEN HE'D PITCH THEM TO THE EXPERTS, SIT BACK AND WAIT FOR THE PHONE TO RING...

**Additional words:** Joel Golby **Photography:** Marco Vittur

# BECOME A POLITICAL HEAVYWEIGHT

**RELEASE  
A SEX TAPE**  
Release a grainy sex  
tape and show it to  
nightclub bouncers. They'll  
let you in for free, assuming  
you are some sort  
of pornstar or male  
Kim Kardashian.

**LIKE:** *Nigel Farage, nation divider, professional pint drinker and politician who persuaded 3.8 million people to vote Ukip*  
**EXPERT:** *Sam Delaney, author of Mad Men & Bad Men: What Happened When British Politics Met Advertising*



Vote Mike – he's  
super nice. I'm  
not going to

over-plan things because  
nobody likes a nerd, but  
I'll smile a lot, say yes to  
everything, maybe try to  
bring in a crowd-pleasing  
policy like free ice cream  
for everyone. Sure, I'll end  
up going back on a few  
things and contradicting  
myself, but my heart will  
be in the right place and  
people will respond to that.

## ► DON'T FOOL YOURSELF, IDIOT!

At first you'll get loads  
and loads of attention,  
and that will fool you into  
thinking you're really  
popular with the public,  
but you'll actually just be  
popular with the press  
because they like mad shit.

## ► BE ROCK 'N' ROLL... AND UGLY

Politics has been described  
as rock 'n' roll for ugly  
people, and it attracts the  
same scale of attention.  
Journalists who cover  
politics are bored out of  
their minds – it only takes  
someone saying something  
unusual and suddenly  
everyone pays attention.



## ► MAKE FEAR YOUR WEAPON

In this country, negative  
campaigning is the only  
thing that actually really  
works – stirring up fear  
about the other lot and  
promising to be less shit  
than them.

## ► LET NIGEL FARAGE BE YOUR GUIDE

What appeals to the media  
and what appeals to human  
beings is different. The  
media will class you as  
charismatic and a breath  
of fresh air, but nobody will  
vote for you. Ideally, you'll

get elected first, then say  
mad shit. It's getting elected  
that's a pain in the arse.



Fake it till you make it!

## GO ON TV AND BOMB OUT

Also known as 'Doing a Jedward', it goes like this: go on a talent show, sing a song so catastrophically that the clip goes viral, enjoy the fame and riches therein.



# WIN AT REALITY TV

**LIKE:** Sam Faiers, Towie star, cosmetic industry queen and multimillionaire businesswoman

**EXPERT:** Richard Cook from Pulse Films, makers of Pineapple Dance Studios and The Cruise Ship



*Mike Me A Coffee: a reality show following me going into a different café every week, having a coffee, and seeing if anything interesting happens to me. I'm a pretty wacky guy – my mum's always saying I should be on telly. Also, I'm dressed like a clown for entertainment value.*

### ► DROP YOUR MUM

A lot of people's mums think they're funny. To get an audience on TV, you need a recognisable face. A man in a clown suit having a coffee isn't going to bring any interest to an audience if the person isn't known.

### ► UP THE STAKES

It doesn't have much weight, does it? Where's it unfolding? You need to have rules. If it's set up at the beginning that this man in the clown suit absolutely has to talk to 40 people and get them to buy him coffees, there's jeopardy and it's immediately more interesting.

### ► DON'T BE A DICK

Initially, people respond to extreme characters: ridiculously loud, overtly sexual, stupid.

But they're one-trick ponies and people get bored. If you look at *Big Brother*, the extreme characters get voted out early and the good guy usually wins.



# PEN A CHART-TOPPING POP SONG

**LIKE:** Taylor Swift, singer, songwriter and most powerful 25-year-old on the planet  
**EXPERT:** Chris Lochery of celebrity gossip website Popbitch

**GET RETWEETED**  
 If you've ever been on popular website Twitter dot com, you'll have seen people beg celebs for retweets to get a brief taste of fame. Imagine if Peter Andre out of Iceland retweeted you: wow.



Bobby and songs like that, but people are taking their pop seriously these days.

## ► DARE TO STREAM

The charts now incorporate streaming data from services like Spotify and Deezer as well as sales. Ed Sheeran got to number one with very few sales and a hell of a lot of streaming.

## ► GET SOME TALENT

Even acts that seem highly manufactured will have at their core some sort of strong musical talent. Ultimately, talent is probably secondary to star quality, but you still need to work hard.

## ► MAKE CLUMSY SEXY

We want Taylor Swift or Harry Styles to be human like us, but we're only prepared to buy into it because they're sexy and we want to sleep with them, not because we find clumsiness inherently charming. Sexy trumps clumsy.



Don't Go Smelling My Fart: a novelty cover of Don't Go Breaking My Heart. Come on, surely anyone can do this? I'll just buy enough copies of my

own song to get to number one, and then my fame will snowball. And I'll fall over on every TV appearance, too – people like Taylor Swift because she's a bit clumsy, right?

## ► DON'T BE MR BLOBBY

First off, I don't think a novelty song has done well in the charts for about 10 years. There was an inglorious phase of Mr

Chances of success: 8%



Fake it till you make it!

## GET FACE SURGERY

If you've ever seen someone with plastic surgery, it's likely you thought, "Damn, rich insane widow" or "Damn, facially busted famous person." Et voila.

# INVENT A PRODUCT

## THAT WILL CHANGE THE WORLD

**LIKE:** *Evan Spiegel, inventor of Snapchat and international overlord of (possibly) 30 million dick pics*

**EXPERT:** *Devin Hunt from entrepreneur collective Founder Centric*



### VER-SHOE-TILE. Perfectly rectangular

shoes that fit either foot. They come in packs of three so when one of your shoes goes missing, the other one isn't suddenly useless. It solves the problem of losing one shoe. That's definitely happened to me before, I think.

#### ► FIND THE GAP IN THE MARKET

You're invented a spare shoe. I love it. What might catch on is not the idea of buying three, but the ability to buy the extra one when you need it – there's a spark of insight there. Selling a box of three shoes makes no sense at all, but, "Oh, you've lost your left shoe? We sell those" has something to it.

#### ► IMPROVE AN OLD PROBLEM

You could take the practical approach of realising how to solve a problem that everyone has. The founders of online rental service Airbnb were like, "I don't want to spend loads on hotels." That's what you've done here.



#### ► CRAZY CAN SELL

The more impractical approach is to have an opinion about the future that isn't necessarily widely held but you're sure will happen. If you talked to someone in 2006 and they said, "Yeah,

everyone's going to film themselves and watch each other and not watch real TV", you'd think they were crazy. But look at YouTube.

#### ► SHOW OFF

The cult of personality in start-ups is strong – if you raise the investment and

get a few blog articles, you can become notorious. And shout about your success.



Fake it till you make it!

GO  
ON THIS  
MORNING

Pip Schofield constantly  
needs someone to look  
bewildered at every single day.  
Save a drowning dog or marry  
some scaffolding, and  
you'll have six minutes  
of fame.



## CREATE A PRIZE-WINNING PIECE OF ART

**LIKE:** *Damien Hirst, British artist and dead cow preserver worth £215 million*

**EXPERT:** *Cynthia Corbett, director of the Cynthia Corbett gallery, art consultant and gallerist*



*You know Damien Hirst? I'll just do that. I'll just do exactly what he did. Like, exactly what he did. I'll just be Damien Hirst again. Art by Damien Hirst by me.*

### ► APE AWAY

Aping someone else's style wouldn't necessarily be disastrous. Look at street artists and graffiti artists – a lot of them are very derivative of each other and do really well.

### ► JUST BE

The artistic route is such a difficult one to choose that I think a lot of the artists that achieve fame just couldn't do anything else. There's

no formula for what makes an artist successful. If there was, every artist would be in the Tate.

### ► MAKE THEM HATE YOU

Damien Hirst sparks great controversy because a lot of people don't like his art, but he's hugely famous and successful. Did he become famous because he had Charles Saatchi behind him, the highest-profile collector in the world? Or was it because he was a shrewd businessman?

### ► TIMING (AND LUCK) IS EVERYTHING

Timing is very important in the art world, and luck, and recognising that luck when it comes along. Trying to be commercially successful is easier than being critically successful.



Fake it till you make it!

**GET  
ON THE WALL  
OF A CHIP SHOP**

In every small-town chippie, there's a laminated photo of the proprietor giving Bobby Ball a handshake. Sneak in a Polaroid of yourself enjoying a fish supper.



## BECOME A YOUTUBE MEGASTAR

**LIKE:** *KSI, online comedian, controversy magnet and commander of more than nine million YouTube subscribers*

**EXPERT:** *Ed Robinson, co-founder and creative director of The Viral Factory*



Mad Mike's Terrible Toilets – *Every month, I go to a toilet somewhere and talk about it. I don't know about toilets, but they seem universally appealing. I'm worried about it affecting future job prospects though, so I'm going to wear a balaclava.*

### ► BALACLAVAS AREN'T FUNNY

If there was a BuzzFeed-style You Won't Believe What This Man Does In Toilets story, it might get some views. But you've got to ask, why should anyone watch this? Maybe you're really funny. But the likelihood is you aren't – it's hard to be funny without a face.

### ► CHANNEL YOUR INNER 14-YEAR-OLD

The gatekeepers of YouTube fame are 14-year-olds. People

who become famous on YouTube talk about teenage experiences and anxieties and worries and concerns, while also being fairly photogenic. You don't need to be hilarious. Most YouTube celebs feel like they could be your friend.

### ► GET FOLLOWED

Fame doesn't come in one video – it's about being followed, sharing multiple viewpoints. They'll forget about you unless you're posting new content every two days.

### ► JOIN THE YOUTUBE CARTEL

Seeding is reaching out to people whose opinions are admired. If nobody important sees your work it'll just sit there, even if it's good. Once you get big, the YouTube celebrity community work together and help each other out, but you need to be established first.

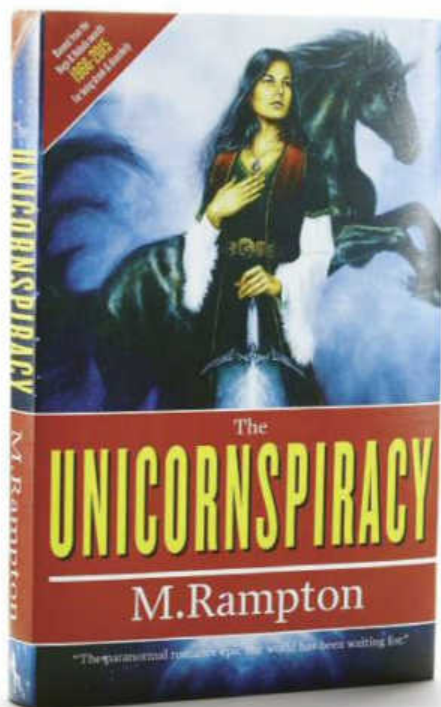


# WRITE A GENRE-DEFINING NOVEL

**LIKE:** *EL James, heroine to horny housewives and the world's highest-earning author*

**EXPERT:** *Clare Alexander of literary agency Aitken Alexander, whose clients include Sebastian Faulks and Mark Haddon*

**PARTY**  
Press parties are easy to bag into: just forcefully say your name a lot while wearing head-to-toe River Island and the PR girl will assume you're off of *Geordie Shore*. Stumble out at 3am for MailOnline.



easy to grasp but promises a good story. *Gone Girl* is 'A woman disappears – did her husband do it, or is she framing him?' It can be explained in a line, but promises a proper story – why else would someone read a whole book?

## ► DO A ROAD TEST

If you have an idea, there are lots of ways to road test it, like self-publishing or doing a blog. You might put it out chapter by chapter, or use it to explore your world, and if you can say you've got 100,000 followers, publishers might listen.

## ► GET SMART

You can mash ideas together in a witty way, but if you're doing something derivative, be smarter. By looking at trends, you place yourself behind them. Publishing is a slow process. It's much more interesting to be at the beginning of something. Originality is a lot more interesting than X meets Y.

Chances of success: **16%**



The Unicornspiracy: a paranormal romance set in a secret unicorn society. The Da Vinci Code meets Twilight meets My Little Pony. Jump on loads of bandwagons and sell millions.

## ► BE THE NEXT THING, NOT THE LAST

Who's your idea for? Generally, *The Da Vinci Code* was read by men, *Twilight* by women and *My Little Pony* is for children. In trying to cover all bases, you've covered none. And

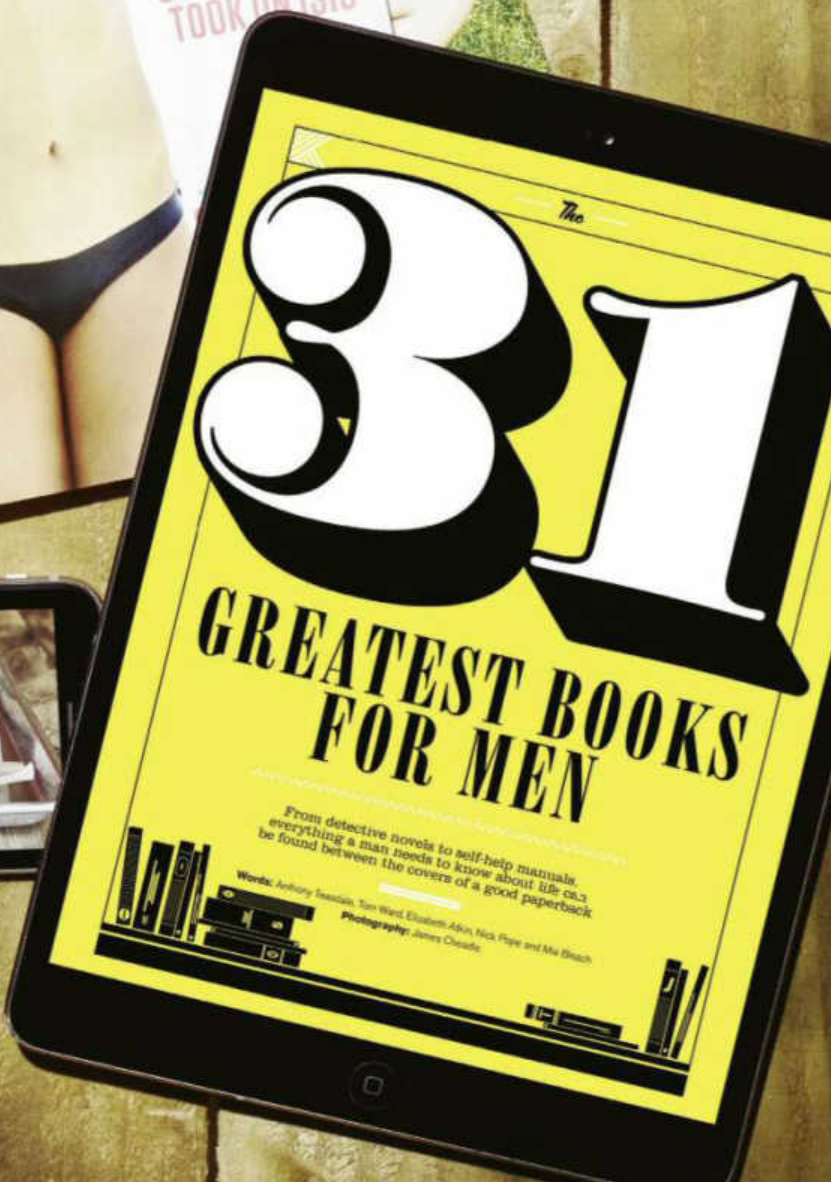
the three ideas you're proposing mashing together are all dated. I'm always looking for the next thing, not the last thing.

## ► WHAT'S THE STORY?

In the digital world, people like something that contains a concept that's



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# style **news**

09/15

*The pimped-up version  
of your fave shoe*



**BETTER KICKS**

## THE ULTIMATE CHUCK TAYLOR

The Converse Chuck Taylor is an iconic shoe: the one you automatically reach for if you don't know what to wear, if you want to be comfortable, if you want to look cool. And now Converse have taken the Chuck and updated it, big time. With the everyday man in mind, Converse have taken Nike's mega-

comfy lunar sole and added a stronger canvas fabric for durability, a secured tongue that doesn't twist around, embossed logos and a slick monochrome colour palette for a luxury look. You'll be wearing these for the next 30 years. Chucking brilliant. £70, [converse.co.uk](http://converse.co.uk)

NEW STYLE

## PERCIVAL GETS PRINTED

We've championed Percival since its birth five years ago, and drops like this keep us raving. For SS11 it's introduced geometric print joggers, shorts and a bomber. Wearing them all might get a bit hot, but throw on a two-piece with a shirt and brogues and you've got yourself a smart casual winner. *Bomber, £130; £75; trousers, all percivalclo.com*



CLOTHING CARE

## MR BLACK'S GOT YOUR BACK



After a good few nights out, gigs, festivals and the odd pint of beer being spilt on it, a leather jacket will start to hum – but sticking it in the washing machine will kill it. So thank the lord for Mr Black's new specialist

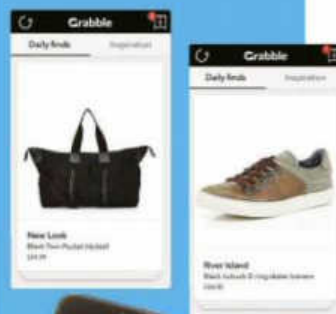
garment essentials. The range includes washes for your leather, denim, cashmere and sports stuff, so your wardrobe needn't smell like a sweaty pub drip tray. *Products from £9.95, all Mr Black at selfridges.com*

style

TOP APP

## TINDER FOR FASHION

With a team of nifty stylists sat behind the scenes working out your personal style from your likes and dislikes, Grabble is the easiest way of shopping on the go. Like Tinder, it's free and you swipe right if you like something and left if you don't. Then on payday, when you've got a little section of fine garments that you bloody love collected together, you can lay down the dosh with exclusive discounts.



Check out high street, designer and independent brands

**style**

# **ROLL WITH IT**

**YOU DON'T NEED BLOODY KNEES AND KICKFLIPPING SKILLS TO PULL OFF  
THE SKATE LOOK – THIS SEASON'S MUST-HAVE CASUAL TREND**

**PHOTOGRAPHY: REECE LEUNG  
STYLING: CARLOTTA CONSTANT**

**style**

*Get to know  
Santa Cruz, the  
legendary '70s skate  
powerhouse that can  
kit you out in tees,  
boards and more*

**DC Pro Skater Dave Snaddon**

T-shirt, £22.50, Santa Cruz at [surfdome.com](http://surfdome.com).  
Trousers, £55, [somethingoutofnothing.co.uk](http://somethingoutofnothing.co.uk). Cap,  
£14, [sixpack.fr](http://sixpack.fr). Shoes, £55, [dcshoes-uk.co.uk](http://dcshoes-uk.co.uk)

*A denim jacket, like this light-wash one from Bethnals, gives you an old-skool edge that will survive a year-round beating*

Jacket, £95, [bethnals.com](http://bethnals.com). Tee, £150, House of Holland at [selfridges.com](http://selfridges.com)

style

*Skate no longer means scruffy – these slacks have a clean cut with an elastic waistband for flexibility*



Top, £35, The Hundreds at [asos.com](http://asos.com). Trousers, £40, [asos.com](http://asos.com). Hat, £25, [lazyoaf.com](http://lazyoaf.com). Shoes, £55, [dcsshoes-uk.co.uk](http://dcsshoes-uk.co.uk)

style

*When looking for jeans that will survive the mother of all bails, opt for Levi's 501s*


Jacket, £75, Carhartt at [urbanoutfitters.com](http://urbanoutfitters.com). Top, £40, [whistles.com](http://whistles.com).  
Jeans, £100, [levi.com](http://levi.com). Shoes, £55, [dcshoes-uk.co.uk](http://dcshoes-uk.co.uk)



T-shirt, £30; top, £35; trousers, £55, all  
somethingoutofnothing.co.uk. Hat, £25, Lifers at  
urbanoutfitters.com. Shoes, £55, dcshoes-uk.co.uk



*Big, cool logos are  
back, so take your  
pick from London  
brand Something  
Out Of Nothing*



*Don't scrimp on  
your sock game.  
Pull 'em up and make  
sure they're seen  
by everyone*

Sweatshirt, £69.99, Huf at [routeone.co.uk](http://routeone.co.uk). Shorts, £55,  
bensherman.com. Hat, £34.95, Huf at [urbanindustry.co.uk](http://urbanindustry.co.uk). Socks, £7, Stance at [size.co.uk](http://size.co.uk)

style

*Throw on a '70s surf-style shirt over a plain white tee for chilled-out vibes, man*

Jacket, £929, [tigerofsweden.com](http://tigerofsweden.com). Shirt, £45, [riverisland.com](http://riverisland.com). T-shirt, £12, [topman.com](http://topman.com). Trousers, £40; shoes, £55, both [doshoes-uk.co.uk](http://doshoes-uk.co.uk). Socks, £8 for a pack of three, [Adidas at jdsports.co.uk](http://Adidas at jdsports.co.uk)

# DO I HAVE TO WEAR A SUIT TO A WEDDING?

These are the vows thou must not break when sans-suiting at a time of holy matrimony...

## DITCH THE COLLAR

The collarless shirt is the new Oxford button-down. As long as it's a crisp white one, paired with the right accessories, you'll find yourself on the right side of the bridesmaids.

## TRUST IN A BOMBER

You don't always need a blazer to make you feel like a wedding don. Invest in a bomber and you'll add a cool edge to your attire – a stiff cotton one works best for formal occasions.

## GO FOR COOL COLOURS

Now you've done away with suit tradition, you can get edgier with your colours. Powder blue wins it for us.

## UPDATE YOUR KICKS

You may get a sideways look from the groom's nan, but classic brogues look ace with a splash of colour on the tread sole.

BOMBER, £49.50, MARKSANDSPENCER.COM.  
SHIRT, £18, BURTON.CO.UK. TROUSERS, £90,  
SAMSDOE.COM. SUNGLASSES, £125, RAY-BAN.  
COM/UK. SHOES, £155, UNITEDNUDE.COM

## WELCOME TO YOUR SUIT ALTERNATIVES

*If ditching the smart threads scares the hell out of you, try these tailoring twists instead*

### THE LINEN SUIT

Think *Miami Vice* remade for 2015. Add a white shirt and a printed tie for a head-turning look, and your plus one will be lucky to be on your arm.

Light and airy for hot days so you can avoid sweat patches



Blazer, £450; trousers, £195, both nicolefarhi.com. Shirt, £85, luke1977.com. Tie, £15, next.co.uk



### THE SHORT SUIT

Forget schoolboy, think Ryan Gosling. With a strong tan, shiny new brogues and a pocket square, you'll be sure to get a dance with your Eva Mendes.



Blazer, £65; shorts, £32, both riverisland.com. Shirt, £28, bellfieldclothing.com. Pocket square, £20, tmlwin.co.uk



Try a printed fabric as an update on standard navy

## THE EXTRA 10% *A little can go a long way. Finish off your outfit with these...*

### THE BOWTIE



£10, Moncler & asos.com

### THE WATCH



£175, dmythosandco.com

### THE SUNGLASSES



£395, uk.lindabrown.com

### THE AFTERSHAVE



£60 for 100ml, Carolina Herrera at harrods.com

### THE CUFFLINKS



£55, tedbaker.com

### THE BELT



£79, burton.co.uk

### THE SHOES



£225, riverislandonline.co.uk

### THE POCKET SQUARE



£34.95 for three, seitch-soda.com

PRODUCT

# THE BEST SUMMER SHADES

Keep your hangover hidden with some suitably stylish eyewear

£5.99 newlook.com

£50 puma.com

£170 montblanc.com

£100 monokel-eyewear.com

£230 YSL at  
sunglasses-shop.co.uk

# 3 SETS OF SUNNIES THAT WILL NEVER BE COOL

There aren't many rules when it comes to shades, apart from one – never, ever, wear any of the below



## KANYE WEST'S SHUTTER SHADES

They'll impair your vision, making you feel like you're living in an untuned television.



## WILLY WONKA'S REALLY ROUND SUNGLASSES

When the frame is practically bigger than your face, you shouldn't be wearing them.



## TYGA'S VERSACE SUNNIES

An obnoxious designer ruins potentially cool shades by adding two extra inches.



style

TRAINERS

# ROOM TO BREATHE

These are the kicks to keep your feet stink-, sweat- and flip-flop-free in the heat this summer



£70, SPERRYTOPSIDER.CO.UK



£70, NIKE AT SCHUH.CO.UK

DARING DATE-  
NIGHT KICKS



£65, MOMENTUM AT SCHUH.CO.UK

BREEZY OFFICE  
WINNERS



£143, SOULLAND.COM



£60, POINTERFOOTWEAR.COM



£55, VANS.COM



£25, NEXT.CO.UK



£75, LUKE1977.COM



£29.95, THESTING.COM

BEER GARDEN  
TRAINERS



£60, ADIDAS.CO.UK

TOP TERRACE-WEAR

## Happy Socks, happy feet

A decade ago, global superstar Pharrell Williams and Japanese fashion icon Nigo hooked up to give us cult label Billionaire Boys Club. Now, it's collaborated with Swedish brand Happy Socks to give us three exclusive designs by legendary Japanese artist Sk8thing that include BBC's iconic prints. The perfect finishing touch for your new shoes...



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SALLIE AXL • THE INKED DOLLS

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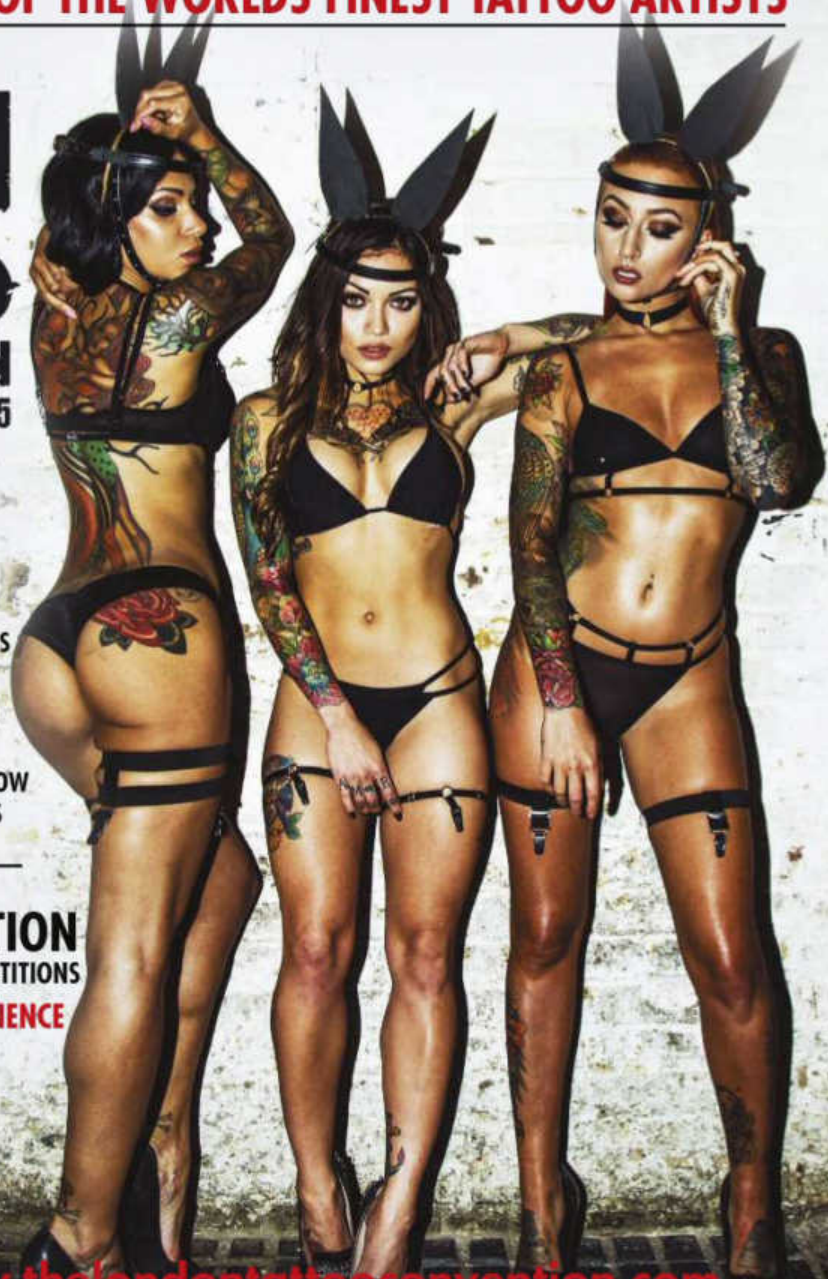
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[www.thelondontattooconvention.com](http://www.thelondontattooconvention.com)

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ADVANCE TICKET PRICES: Fri: £20, Sat: £30, Sun: £25, 3 Day Pass: £60

TICKET PRICES ON THE DAY: Fri: £25, Sat: £35, Sun: £30, 3 Day Pass: £70

TOBACCO DOCK, 50 PORTERS WALK, WAPPING LONDON, E1W 2SF

# THE TAN COMMANDMENTS

Tanner to the stars James Harknett gives you the lowdown on how to fake it thout looking like David Dickinson



£4.99, XEN-TAN.CO.UK



£14.50, FAKEBAKE.CO.UK



£7, TANWORX AT FEELUNIQUE.COM



£14.50, STTROPEZTAN.CO.UK



£13.29, SENNA-X.CO.UK



£8.50, NIVEA AT BOOTS.COM



£14.99, BONDISANDS.CO.UK



£13, JAMESREADTAN.COM



£18, CLINIQUE.CO.UK

## DO YOUR PREP

Preparation is crucial for a seamless tanned look. Exfoliate and revitalise your face before you begin with Lab Series Multi-Action Face Wash, £14.95. It's also the perfect product to use pre-shave as it lifts the hair follicles and removes dead skin.

## KEEP IT EVEN

Hands, elbows and feet are the trickiest areas to get right. Moisturise the drier parts of your body first so you get an even, non-streaky look.

## MAKE YOUR MOVE

Apply the tan a section at a time: face, neck, chest, abs, legs and then arms. Garnier Ambre Solaire Dry Body Mist, £7.79, is practically foolproof – and the 360° spray means you can reach your back, too. Rub it in with a circular motion to get a clean finish.

## MIX IT UP

Mix fake tan with a normal moisturiser for your face – you'll be able to see exactly where you're putting it, but you won't look like an orange mess.

## DON'T RUSH IT

Leave a 30-minute window after tanning before putting your clothes back on and avoid wearing any light-coloured threads. No one wants to ruin their best crisp white polo with a streak of orange.

## TIME IT RIGHT

Don't try to apply your tan in the morning before work – you need to leave it to develop, and the office is not the place for that. Set aside an evening and leave it to darken overnight, then shower in the morning.

## STAY SAFE

It's been proven that a tanned glow will make you feel more body confident, and if you use one that contains a sunscreen, you'll also be protecting your skin. It's not just about how good you look, alright?

## CALL IN THE PROS

If you've got a wedding or hot date coming up, booking in for a tan the day before with a pro will take all the hard work out of it. Just don't get it done the same day, unless you want to smell like gone-off biscuits.

WIN AT LIFE

# Upgrade

EDITED BY TOM WARD

## BOOST Your BREAKFAST

The best meal of the day is getting boring. Take it to the next level with our guide to breakfasting like a champ



01

### 01 Corn bread

After a lifetime of toast, now's the time to start mopping up your leftovers with something new. Grilled cornbread with salt, pepper and jalapeños provides a tasty alternative.



02



### 02 Black pudding

The most underrated part of a proper Full English, black pudding is low-calorie, carb-free and high in protein. It's also packed with zinc and iron – two nutrients we all need more of. [buryblackpuddings.co.uk](http://buryblackpuddings.co.uk)

03



### 03 Baked beans

You've been eating beans all your life; give your taste buds a break by adding two tins of Heinz's finest to onions fried with garlic, coriander, cumin, black pepper and turmeric.

04



### 04 Chilli jam

A good breakfast deserves more than ketchup. Make your own chilli jam (peppers, chillies, vinegar and sugar, all boiled up with the juice of two limes) to up your condiment game.

### 05 Kangaroo sausages

Pork sausages are full of fat, poultry sausages taste like cardboard. Kangaroo is packed with enough protein to punch out Mad Max. [keziefoods.co.uk](http://keziefoods.co.uk)



**PHOTOGRAPHY:**  
Dan Matthews  
**FOOD STYLING:**  
Natalie Thomson  
**ILLUSTRATIONS:**  
Alix Watson



# INTRODUCING THE FULL ENGLISH 2.0

➔ Keep your greasy bacon, undercooked sausage and rubbery fried eggs – it's 2015 and we're doing breakfast differently. Chef Arun Kapil suggests you get involved

## 06 Tomato ragout

Tomatoes protect your heart, lower your blood pressure and ward off cancer, so show them the respect they deserve by frying up a tin with two onions, cumin, peppers and parsley.

## 07 Curried bacon with cashews

Eating protein first thing keeps you fuller for longer, while spicy food suppresses appetite. *And* the cashews provide all the essential fatty acids you need.

## 08 Stuffed mushrooms

As well as being delicious, Parmesan is full of protein, calcium and vitamin A. Best add a generous helping to the top of your shallot-and-breadcrumb-stuffed mushrooms, then.

## 09 Waffles

Protect those abs by replacing cream and jam with half a sliced avocado, rocket, peach segments and a spoonful of calcium-rich cottage cheese.

## 10 Egggy bread

A flavour enhancement more than anything, but any man cooking for a pretty girl should know to swap the Warburtons for brioche. For best results, finish with pancetta and maple syrup.

upgrade

# MUSCLE UP YOUR BREAKFAST

➔ Joe Wicks, online nutritionist and the guy whose Instagram account your girlfriend can't get enough of, tells us how it's totally possible to get lean at breakfast time without suffering the dreaded Bran Flakes

## Ingredients

- Juice of 2 limes
- 200ml almond milk
- Handful of blackberries
- Handful of blueberries
- ½ avocado (roughly chopped)
- 3 tbsp Greek yogurt
- 1 tbsp of flax seeds
- 1 tbsp honey
- Handful of ice

## Method

"Throw everything into a blender. Hit the switch. Pour into a glass. Got it?"



## BIG FAT SMOOTHIE

**Joe says:** "Sometimes you only have 10 minutes to get out the door," says Joe. "This is a great on-the-go breakfast full of healthy fats to fuel your body until lunch. The flax seeds provide you with those all important omega-3s and the avocado is a great source of good-for-your-heart fat."

## PROTEIN PANCAKES

**Joe says:** "These are ideal after a training session. The protein helps repair muscle tissue and the banana and honey provide simple carbs." Note: reaching for the soap in the shower does not count as a training session.

## Ingredients

- 1 banana
- 1 whole egg
- 1 scoop of whey protein
- 1tsp coconut oil
- Handful of berries
- 2 tbsp Greek yogurt
- 1tsp honey

## Method

"Stick the banana, egg and protein in a blender. Whizz it up to make a batter. Heat coconut oil in a pan and pour in your pancakes. Cook each side for one minute then serve with berries, yogurt and honey."



## Breakfast like a cross-continental superstar

➔ We all live on this beautiful planet together, but which country's breakfast will have you feeling like king of the world?

### 01 Alaska

Poach one egg, place on a pancake, then add a side of reindeer meat. Lovely.

### 02 Poland

The Polish enjoy a protein-heavy breakfast of scrambled eggs and kielbasa sausage with potato pancakes on the side.

### 03 Japan

Sushi might be delicious, but we'll have to pass on Japan's national breakfast of tofu soaked in soya sauce.



MOST HEALTHY

## BUILD-UP BAGEL

**Joe says:** "There's nothing like a protein-packed bagel for breakfast. Lots of people avoid bread but, if you've just worked out, you can eat carbs guilt-free – they refuel your liver and muscles' glycogen stores."

### Ingredients

- 1 wholemeal bagel
- 10g Greek yogurt
- 1tsp BBQ sauce
- 55g deli turkey or sliced chicken breast
- 30g sliced deli beef
- 20g mozzarella cheese
- 1 boiled egg, sliced
- 1 tomato, sliced

### Method

"Spread one side of the bagel with the yogurt and the other with the BBQ sauce. Add the other ingredients and enjoy!"



TheBodyCoach 90 Day Shape, Shift and Sustain Plan is available at [thebodycoach.co.uk](http://thebodycoach.co.uk)

# THE BREAKFAST MYTHBUSTER

*Is ice cream for breakfast really a bad idea? If anyone knows the answer, it's Nuffield Health's regional lead nutritional therapist Nick Wilkinson. Luckily, that's exactly who we got hold of to clear up some early morning untruths*

## THE MYTH

**EGGS WILL MAKE YOUR ARTERIES EXPLODE**

**THE TRUTH:** "It's been strongly disproved that eggs have an impact on our cholesterol level, so load up. Most of the nutritional value is in the yolk, so boil or poach them to preserve it."

**FHM TIP:** We don't know anything about the nutritional value of eggshell, but it's probably best to try to get it all out of the pan.

## THE MYTH

*Bacon will turn you into a king-size Homer Simpson*

**THE TRUTH:** "Sausages are one of the most unhealthy breakfast items because the protein content is low and the fat content is high. But grilled, lean bacon is fine."

**FHM TIP:** We always knew bacon was delicious and healthy. Mix up your usual two rashers with our curried bacon recipe on page 119.

## THE MYTH

**A pain au chocolat will sort you out on the go**

**THE TRUTH:** "Obesity levels have been rising for 40 years, but we've been eating less and less fat, which suggests carbohydrates are to blame. It's important to top up your blood sugar levels in the morning, but pastries and breakfast bars are probably the worst thing to have."

**FHM TIP:** It's a good idea to avoid filling up on endless venti lattes, too, unless you want your eyes to explode out of your face by lunch.

### 04 Iceland

What could be better for fighting White Walkers than a breakfast of hafragrautur – oatmeal topped with brown sugar and nuts?

### 05 Hawaii

Stick a load of fruit on a plate with a bagel and you're good for a day's surfing.

### 06 Vietnam

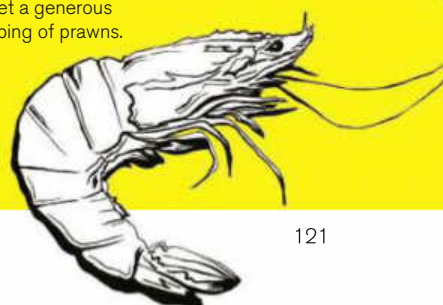
Take your semolina/porridge combo, throw in some bean sprouts, pig intestine, heart, stomach and black pudding and you're ready to go (throw up).

### 07 Italy

Forget the pizza and pasta, breakfast is all about 'cappuccino e cornetto' or 'cappuccino and croissant'. Just like Caffé Nero, then.

### 08 The Bahamas

American grits meet a generous helping of prawns.



# Supercharge YOUR CEREAL

➔ Breakfast hipsters and free-toy obsessives Alan and Gary Keery from London's Cereal Killer Cafe ([cerealkillercafe.co.uk](http://cerealkillercafe.co.uk)) talk us through the tastiest ways to start the day on a sugar high

## Poppin' Pebbles (USA)

"Berry-flavour rice cereal with fizzing popping candy balls. Nothing makes you feel like a kid as much as popping candy and cartoons, so this one's perfect for a Saturday morning."

## Peanut Butter Crunch (USA)

"This is undoubtedly one of our favourite cereals. As huge peanut butter fans and huge cereal fans, there hasn't been a better match since Scott and Charlene in *Neighbours*. Tastes great with strawberry milk."

## Choco Flakes (Portugal)

"The ravioli of breakfast cereals, where biscuit meets chocolate chips and chocolate puffed rice. The biscuit goes soggy while the cereal stays crunchy. It's like there's a party in your mouth and everyone's invited."

Remember to brush your teeth half an hour afterwards and don't look at the TV too long or your eyes will go square. Enjoy!



## CUSTOMISE YOUR CUPBOARDS

➔ Clear out the half-empty bottle of ketchup, throw out that unopened Marmite and give your condiments an upgrade

### MERIDIAN SMOOTH ALMOND BUTTER

Packed with all the protein and healthy fats of peanut butter, almond butter contains heaps more fibre, iron, calcium and potassium per spoonful. £2.80, [sainsburys.co.uk](http://sainsburys.co.uk)

### CHOLULA ORIGINAL HOT SAUCE

A dash of heat, because we all love sweating through our shirt first thing in the morning. Stick it on your eggs and add a dash to your Bloody Mary to put hairs on your chest. £1.50, [sainsburys.co.uk](http://sainsburys.co.uk)

### LOTUS BISCOFF BISCUIT SPREAD

This Belgian invention is a caramel biscuit-flavoured spread you put on toast. We'll only say this once. Get it now. £2.25, [sainsburys.co.uk](http://sainsburys.co.uk)



### 09 France

The French love nothing more than croissants and tiny coffees, washed down with an air of superiority.

### 10 Iran

Throw shredded meat, wheat and sugar in a giant pot, season with cinnamon and sugar and you have halim, perfect hot or cold.

### 11 Spain

Pan a la Catalana – fresh bread rubbed with fresh garlic and tomato, then drizzled with olive oil and salt – is the Spaniards' breakfast of choice.

### 12 Argentina

Named by anarchists hoping for a 'fracture' among the ruling elites, 'fracturas' are half-moon-shaped pastries filled with custard or caramel.



### 13 Germany

Lots of wursts (sausages), cheeses and bread, knocked back with coffee.

# ORDER **COFFEE** LIKE A PRO

→ You're better than a flat white. You deserve more. Here's how to order off-menu like the coffee expert you've always longed to be



Zesty pick me up, sir?

## THE CORTADO

The sophisticated chap's choice when it comes to ingesting roasted coffee beans with a £3 price tag. Half espresso, half steamed milk, your Cortado offers that same early morning kick, but without the bitterness of a full-power, head-buzzing espresso.

## THE GUILLERMO

An espresso poured over two slices of lime, the idea being that the citric acid complements the acidity of the coffee beans (we'll leave that up to you to decide). Serve it hot, cold, with or without milk, but make sure there's a pretty girl around when you patiently explain what it is to the barista.

## THE CORRETTO

'Corretto' translates to 'corrected' in Italian and the added grapa/brandy/ flavoured liqueur of your choice will definitely help correct your levels of sobriety. Probably not on the menu in Costa, it's worth doing this at home with equal parts booze to coffee.

### 14 Lebanon

Manakish, a flatbread flavoured with herbs, cheese and tomatoes, is the breakfast of choice here. We're pretty sure it's actually pronounced 'pizza'.

### 15 Estonia

Curd cheese on malter wheat bloomer makes for the best take on cheese on toast you'll ever try. Just add Lea & Perrins.

### 16 Scotland

Forget salted porridge, the full Scottish breakfast packs in the usuals plus a lorne (square) sausage, a tattie (potato) scone and black pudding.

### 17 Denmark

Turns out the Danes aren't actually that big on bacon. Instead they love a breakfast of cheeses, cured meats and bread.



### 18 Holland

A breakfast (probably) invented by eight-year-olds, hagelslag is chocolate sprinkles on toast.

# Master the perfect BACON SANDWICH

→ Television chef extraordinaire Ed Baines takes us through the science of everyone's favourite breakfast food:

"The perfect bacon sandwich needs two thick slices of white bloomer, six slices of crisp streaky bacon and fresh-sliced plum tomatoes. Add black pepper and a pinch of salt to finish."



Ed reckons his new Premier Inn Purple Sauce will finish it off nicely. Give it a try or go for the *FHM* Special of equal parts HP to ketchup. Ace

LEAST HEALTHY

## 19 Brazil

Brazilians start the day with Pão de Queijo (cheesy bread balls) for that football champion energy.



## 20 Morocco

It's all about the breads here, with pancakes, crumpets and a semolina pancake called baghir. Don't forget the jam.

## 21 Russia

Yorkshire pudding-like pancakes named oladi are order of the day here, cooked soft inside and served with honey, jam and fruit.

## 22 America

Thick pancakes with bacon on the side, drowned in maple syrup. Apologise to your heart afterwards.

## 23 Sweden

The pannkakor is basically a crêpe, filled with fruit and whipped cream.



# EXCELLENT EGGS

Miles Kirby, co-founder of London-based, locally sourced restaurant chain Caravan, knows a thing or two about eggs. Here's how you too can become a master – crack on



## Fried

"Ensure the pan is really hot before breaking in the egg. Always use oil, not butter, and try to cook each egg separately. A non-stick frying pan is an absolute must."



## Omelette

"The pan must be medium hot and you should cook using butter. Mix the eggs with a little milk, salt and pepper beforehand then give it four minutes to cook, turning only once."



A good egg

## Poached

"Bring the water to the boil in a deep pot. Add a splash of white vinegar, then swirl the water in a circular motion and drop the eggs into the centre one by one. Cook for three minutes."



## Scrambled

"Scrambled eggs are best cooked fast in a frying pan, using real butter. Break the eggs into the pan with double cream and chopped chives. Stir constantly for three minutes until cooked."



## Huevos rancheros

"A Mexican classic of fried eggs with corn tortillas and a tomato chilli sauce. Prepare the sauce first in a hot pan, crack the eggs in, then cover for four minutes. Serve hot in a warm tortilla."



## Baked

"Prepare your base however you like it and place in an 190°C oven. Take it out after a few minutes, add the eggs, then spread out with a fork. Check three to four times over a 15-minute period."



## Boiled

"The perfect boiled egg is submerged in boiling water for four minutes. If you want to peel the eggs, tap the shells with the back of a spoon to shatter the shell then place back in cold water."



## Devilled

"Hard boil an egg. Scoop out the yolk and mix with mayonnaise, Tabasco, coriander, cumin seeds and plenty of smoked paprika. Add the mixture back to the egg whites and you're golden."



THE HORROR!

## Coddled

"AKA a slightly cooked egg. I recommend using an egg coddler, which sounds like cheating, but isn't. Make sure you butter the inside of the coddler first for delicious results."



upgrade : Adventures

# Hit the surf in Newquay

*Escape work. Head west. Master the ocean. Become a dude*

## Refuel like a champ

Flailing about in the water burns up to 240 calories an hour, so you'll be in need of serious eats afterwards. Head to Gusto Deli on Beach Road for a Cornish chilli salt beef salad box, then wash it down with a mint and fudge milkshake at The Beached Lamb. You've earned it.

## Sleep in luxury

You've escaped the rat race, so what could be better than waking up with the ocean outside your door? Tolcarne Beach Cabins start from £100 per night. [tolcarnebeach.com](http://tolcarnebeach.com)

## Get the gear

If you're looking to upgrade your surf game, Slide & Glide on Fore Street stocks all you need, including understated boards that are practically works of art.



### Dine with a view

If getting smashed about in the sea isn't your girlfriend's idea of a romantic weekend away, take her to The Stable at Fistral Beach for locally sourced food and drink and unbeatable sunset views.



### Learn the ropes

On paper, learning to surf looks as simple as grabbing a board and heading to the nearest bit of Cornish coastline to ride some waves, but, if you really want to progress, you can't beat having an expert with you. Ticket To Ride surf school will mentor you from newbie to master of the ocean as well as kitting you out with all the equipment you need. Ask for Rhys and we'll smother ourselves in surf wax if you're not standing up by the end of your first lesson. [tickettoridesurfschool.co.uk](http://tickettoridesurfschool.co.uk)



### Getting there

**01** Sit back and soak up the scenery by train. [firstgreatwestern.co.uk](http://firstgreatwestern.co.uk)

**02** Flights are available from around the UK, starting at £31 from London Gatwick. [easyjet.com](http://easyjet.com)

**03** If you've got time, nothing beats driving down through Bodmin Moor (thanks to Vauxhall for getting us there in style).



### Hit the town

Sharpen up with a haircut at Watershed on Bank Street, then head to Whiskers bar, a cosy live music venue with a chilled-out vibe. The coffee tequila is a must.



# The lager

## Group A

"Tastes like fake IDs and a broken head."



The sort of beer you'd find hidden behind the curtains at a house party.

"Delicious but crafty. Almost a bit too crafty."

"We'd drink that until we passed out, then keep going when we woke up."



"There's a lovely tickle to it, but sadly there's no future in this relationship."



"Tastes like toast."



## Group B

"Like watching the sunset on a beach, covered in mosquitos."

I'M LAGER TILL I DIE



"Hipster beer. We can feel a moult forming ahead."



Winner!

ne  
rge  
us,  
and  
you  
lyn  
the

beer of champions.





The sun's out, so in the spirit of sportsmanship our drunken alcohol experts sat through a blind test of 16 beers to finally name the ultimate summer lager. Bottoms up

# World Cup

## Group C

"One to drink on a balcony in Magaluf, listening to Gucci Mane."



"A quality drink. We'd get our dad this for Christmas."



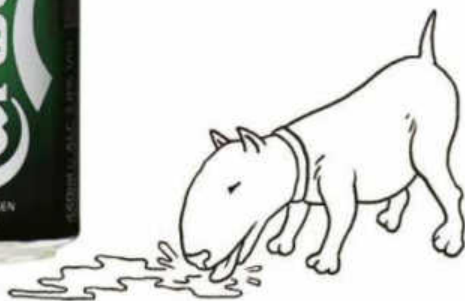
"Tastes like drunken summer evenings down the park, aged 15."



"You'd wake up under a hedge after drinking this, and wouldn't be offended."



"One to drink while wearing a poncho."



"A middle of the road beer. Your first beer on a Tuesday evening."



"Tastes like we haven't brushed our teeth for two weeks."

## Group D



"Delicious. Ultimate refreshment."

# Master the cut-throat shave

*Ladies love a smooth face. Here's how to get maximum strokeability with minimum irritation*



Whether you're rocking a Jon Snow beard or Bran Stark

bumfluff, knowing how to keep it in check is essential. Liam Campbell of London-based razor wizards The Nomad Barber has a method you can master at home...

*Windsor Badger Shaving Brush, £95, murdock london.com*



## 01 FIND YOUR HEADSPACE

"The first thing to do is get yourself into a relaxed mood. This is your time to look after yourself. Think about girls pampering themselves: they aren't flustered, just chilled and relaxed. Stick some music on and take your time. Shaving should be a little bit of meditation in the mirror."

*Pre-Shave Oil, £9.99, bluebeards-revenge.co.uk*



02

## PREPARE YOUR TOOLS

"If I'm in the shop I'll use a double-edged razor, or a straight-edged razor. If it's your first time at home, use a double-edged razor until you've built your confidence up. You can buy a packet of blades for £2, so it's very affordable even after you've forked out for the initial razor. Use a fresh blade each time, and lay everything out."

03

## PAMPER YOUR SKIN

"The shave itself might take 20 minutes. Most of that is about preparing the skin and then finishing off afterwards. Use a pre-shave oil to help your razor glide and loosen up the hairs on your face. Ideally the skin should be hot and damp, not wet."

04

## PAINT YOUR FACE

"You can use your fingers for the foam, but a badger brush is best. Work the lather up on your cheeks in a circular motion, high on your cheekbones and low on your neck. This will get under the bristles of your beard and stand them up ready for shaving. Don't worry about covering your mouth. It easily wipes off."

*Shave Cream, £34, murdock london.com*





Elliot Straight Razor, £45, [murdocklondon.com](http://murdocklondon.com)

06

## GET SHAVING

"Your face doesn't have to look baby-smooth, but try to get all of the bristles. Go from your sideburns down, past the corner of your jaw and towards your chin. Do the other side, then underneath the neck. Pull your nose up and pop your lip down to create a flat surface. Leave the chin until last and never go against the grain."

05

## DO YOUR STRETCHES

"Give the razor a blast of hot water before you start. Always stretch the skin out as you shave as this will help give a fluid motion. The opposite side of your face to your dominant hand is always hardest to shave, co-ordination-wise. We're sensory beasts, though, so you'll never chop your ear off."

07

## CLEAN UP

"Massage pre-shave oil into your face again and shave off any bits you've missed around the lips and chin. Wash your face with warm water, then dab it with a cool towel. Now you can add alcohol-based aftershave to close the pores. This is different to fragrance, so leave the Dolce & Gabbana scent for later."

08

## COOL DOWN

"Finally, cool your face with a post-shave balm from the fridge. It's not the end of the world if you can't do this, but it feels great. You can also stick a towel in the fridge beforehand and lay that over your face – probably the most relaxing thing you can do. After that, just rub in a good helping of post-shave balm and you're good to go."



Shaving Cream, £9.99, [bluebeards-revenge.co.uk](http://bluebeards-revenge.co.uk)



# Your shaving soundtrack

Liam recommends the music to get you in the mood



## The classical option

Bach, *Orchestral Suite No.3 in D Major BWV 1068 II*



## The atmospheric option

Pink Floyd, *The Endless River*



## The exotic option

AR Rahman, *Dil Se: The Soundtrack*

## FHM'S PICK



## The risky option

Thy Art Is Murder, *Immolation*

# Wild horses

Grrrrrrrrrrrr.  
That is all

01

#### FORWARD THINKING

A push-button start and instant performance display will ease you into the drive.

02

#### PILE IN

Seating for four means you'll always be road-trip ready.

03

#### PAINT IT RED

Other colour options are available, but come on.

04

#### SAFETY FIRST

Power 4-wheel disc brakes have your back in case the V8 takes you by surprise.

**The muscle car is a uniquely American phenomenon.** A coupe the size of a small warship, it's as angry as a jar of bees, as subtle as Hulk Hogan and it moves like a cruise missile. It'll corner like one, too.

Just the names of classic muscle cars are enough to stir the blood: Chevrolet Camaro, Dodge Challenger, and the car we're interested in here, the Ford Mustang – a car that became a legend after Steve McQueen drove a green model in the achingly cool *Bullitt* (1968).

Many of these '60s classics have recently been revived in modern form, but of all the reboots, there's only one wheel we were itching to get behind.

## THE BIG QUESTIONS

### You sure this is a Ford?

When you think Ford you probably think Escort or Mondeo. While the Fastback 5.0 GT might carry the same DNA as the Mondeo, it can drop 421bhp to the rear wheels. That'll get you a lot of tyre smoke.

### It's powerful, then?

Indeed. But muscle cars are not just about power – this Mustang has a V8 engine under the bonnet so loud it could liquefy the inside of a cow at 50 paces, which is pretty special.

### Who thought it was a good idea?

America, obviously. The muscle car was invented in the '60s when oil was

cheap, roads were empty and the US was chest-beating around the globe. When the '70s oil crisis hit, the muscle car faded into piss-weak chrome-covered sedans with identical names. Then, in the '90s, the cars were revived as the US auto industry sought to rediscover its soul. Today, Camaros and Challengers are serious bits of kit. So is this Mustang.

### What's so new about this one?

The brand-new Mustang launched in 2004. This is the new version of the new car, costing £33,995. You get a six-speed manual gearbox, 19-inch wheels, xenons and an all-aluminium four-cam V8. Plus, a big fat smile when you use the launch control for



#### FORD MUSTANG FASTBACK 5.0 GT

**PRICE:** £33,995

**ENGINE:** 5 litre V8  
(obviously)

**POWER:** 421 bhp

**0-62MPH:** 4.7 sec

**TOP SPEED:** 155 mph

**AVERAGE ECONOMY:**  
20.9 mpg

a bit of boy-racer wheel spin.

#### Just the one engine?

There's an entry-level 2.3-litre EcoBoost engine on offer, too, but if you want to hear about that, we don't want to hang out with you any more.

#### So, have they sorted out the steering wheel?

Yes – it's now on the right. Previously you could buy a new-type Ford Mustang in the UK but they were all imports with left-hand drive. This is the first time Ford have built a Mustang with the steering wheel where it's meant to be.

#### Is it a mover?

Oh yes. You'd struggle to find faster cars for this money. The Mustang is

all about affordable power and this model will knock you back in your seat and corner in a way that'll have the hair on your arms standing up. Yes, it's going to kick a bit at low speeds, but who wants to go slow anyway?

#### I get a luxury interior, too, right?

Erm... not really. Muscle cars are about engine and drive, not luxury comfort. This new Mustang has the best interior it's ever had, but don't try to compare it to an Audi.

#### What does it say about me?

It says you value the important things in life: passion, drive, emotion and belief. It says you're not prepared to swim with the tide but you find your own way. It says you rock. **FHM**

## What's all this fuss about a V8?



Like vinyl music and girls wearing guys' shirts, a V8 is a thing of beauty – but no one really knows why. The 8 refers to the number of pistons and cylinders and the 'V' refers to the way they're arranged – four on each side at an angle to each other.

Engines in a V formation can also be made as a V6 or a V12 and the more cylinders they have, the more powerful the engine.

A V6 will deliver a whoosh and a whine, a V12 will deliver a roar, but there's something strangely beguiling about the balance of a V8 that produces a mellifluous rumble and growl you just don't get anywhere else.

# Hot advice from a cool girl:

## How to flirt on the internet

**FEAT.**

*Bryana  
Holly*

*The girl of your dreams has cropped up on your newsfeed and life will never be the same again. But how do you make her yours? With one million Instagram followers, Bryana Holly (plus dating expert Girl On The Net) helps you recognise if your social media flirting skills have gone too far...*

01

**“Never send a penis picture. I’ll show it to my friends and laugh!”**

**You’ve liked three years’ worth of profile pictures**

**Bryana says:** “The more I like the better!”

**Girl On The Net says:**

“There’s a difference between being enthusiastic and terrifying. This is the latter. Show her you’re interested by starting a conversation, rather than just jabbing the Like button.”

**FHM says:** Compliment her on something from last week instead.

02

**You’ve used the tongue emoji for a bikini pic**

**Bryana says:** “I’d take it as a compliment!”

**Girl On The Net says:**

“If you’ve flirted with her before and you’ve got that cheeky banter going, fine, otherwise you’re just that dude who does the tongue thing. Would you waggle your tongue at a girl in the street? Probably not.”

**FHM says:** Emojis are a minefield, best reserved for true social media masters.

03

**You’ve sent her a pic of your private parts**

**Bryana says:** “Never do this. I’ll show it to my friends and laugh.”

**Girl On The Net says:**

“I’m sure your penis is lovely, but if you send a girl a dick pic she isn’t going to go, ‘What a treat. I’ve literally never seen one of these!’ But, if she’s asked for it, knock yourself out.”

**FHM says:** Keep it in your pants if you want to get into hers.

**“There’s a  
difference  
between being  
enthusiastic  
and being  
terrifying”**

04

**You've tagged your mate Dave in the comments below a sexy night out photo**

**Bryana says:** "If a girl is posting a 'booby picture', she should expect it."

**Girl On The Net says:** "It's like standing in a pub next to a lady and saying 'Here, get a load of the knockers on her!' If she's a model, go for it, but if it's a girl you went to school with, probably give it a miss."

**FHM says:** A mixed reaction. Play it safe and do your ogling with your mates in private.

05

**You've taken it upon yourself to endorse all her skills on LinkedIn**

**Bryana says:** "I don't know what LinkedIn is."

**Girl On The Net says:** "It could be a brilliant tactic. But it's generally the weird recruitment consultant who does that. My advice would be to flip the situation on its head. Would you find it creepy if it were you?"

**FHM says:** Who doesn't like being endorsed for sea kayaking and being able to fit an entire Coke can in their mouth?

06

**You've (jokingly) commented, "I wish my girlfriend looked like you" on a picture**

**Bryana says:** "I think your girlfriend needs a new boyfriend."

**Girl On The Net says:** "You're saying, 'Do you want to be the girl I cuss out in future to try to shag someone else?' Women who post pictures like that know they look hot, so your message will make you look like another slaving fan boy. Ask an interesting question instead."

**FHM says:** Go buy your girlfriend flowers. Quickly.

07

**You've tagged her in a heavily filtered image of you in your Calvin Kleins**

**Bryana says:** "No way. Take the filters off and put the clothes back on."

**Girl On The Net says:**

"If they like you it'll go down well. If they don't it will just seem creepy. Unless they've given you strong signals, I'd advise against it. It's a bold move, and it's even bolder if you post it on your public page."

**FHM says:** If you've been hitting the gym and really want to show off, send a private message – but be prepared for her to laugh.

08

**You've recorded a heartfelt acoustic ballad and uploaded it on to YouTube**

**Bryana says:** "I think any girl would appreciate a song written about her. I'd be stoked!"

**Girl On The Net says:** "If you've never physically met them, this is a bit strong, but give it a go. Just don't get pissed and get the guitar out. Imagine if it went viral and everyone knew you'd been rejected online."

**FHM says:** Go for it. You know who suffered rejection? Some of the greatest songwriters (and lovers) of all time.

Read more from *Girl On The Net* at [girlonthenet.com](http://girlonthenet.com)

**Want to be an FHM Girlfriend? Go to [fhm.com/girlfriend](http://fhm.com/girlfriend) to apply**

**"Would you go up to a girl in the street and waggle your tongue at her?"**

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# True story:

**“Police officers were coming down ropes on to the roof. They seized drugs worth £2 million”**

CRAIG BEFORE HIS ARREST AND (BELOW) WITH HIS DAUGHTER



JUST A GLIMPSE OF THE £2 MILLION STASH SEIZED IN 2010

*In 2009, Craig Green was living with his parents in Cambridgeshire, recovering from a break-up with the mother of his daughter, when he was approached to do some manual work on a farm. The ‘farm’ turned out to be Britain’s biggest cannabis factory. After a dramatic police raid, Craig was sentenced to four years in prison. Now once again a free man, Craig has discovered a talent for cycling that is on the cusp of taking him to the Paralympics in Rio next summer...*

## I WAS BORN WITH A CONDITION CALLED POLAND SYNDROME.

It means I’m missing a pectoral muscle in my chest and one of my hands is under-developed, but I’ve never let it define me or considered myself to be a disabled person.

I was totally lacking in motivation after a bad break up and wasn’t even looking for work when I was approached by a guy who asked me if I wanted a job on a nearby farm. I was expecting to do some manual work or construction, but when I arrived on the first day, it turned out I’d be working in a unit that was used for growing cannabis.

I’d never seen anything like it before but I needed the money. I was paid around £400 a week to be there for a nine-to-five

job, which involved watering and stripping the plants. It was pretty dull work but we could smoke as much as we wanted, which was a huge part of the appeal.

To say that I liked a joint is a bit of an understatement. I’d moved back into my parents’ house and was getting through an insane amount of weed – between an eighth and a quarter of an ounce a day at times.

I never saw any of the bosses at the farm, but the unit grew massively while we were there. By the end there were about 8,000 plants in total.

## IT ALL CAME CRASHING TO AN END A YEAR LATER.

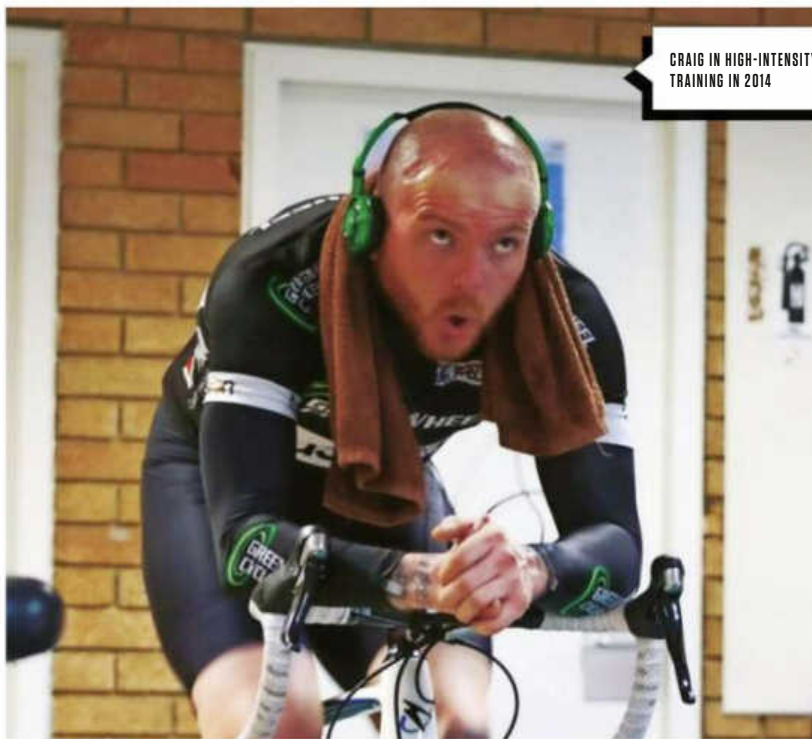
I was watching the unit’s CCTV screens and smoking a joint when I saw dozens

of police cars storming up towards the building.

There were two other lads working with me who panicked and tried to hide but there was no way we could do anything. The police had the entrance covered and there was a helicopter hovering above with officers coming down ropes on to the roof, just like in a film.

I didn’t even try to resist arrest. I was relieved it was all over. I wanted out and I had already accepted it had to come to an end sometime.

I was sentenced to four years in prison for conspiracy to cultivate a Class-B substance in what was a huge criminal case. It turned out I’d been working at the biggest cannabis farm in the country. The drugs the



CRAIG IN HIGH-INTENSITY TRAINING IN 2014

cops seized had a street value of nearly £2 million.

### **I THOUGHT MY SENTENCE WAS QUITE HARSH.**

I was hardly the leader of the operation, and I didn't earn anything like the amount of money people thought I did. Despite going to prison, I was so relieved when my daughter's mum stood by me. We'd just gotten back together before my arrest and seeing her and my daughter weekly helped me get through it.

I was in a new-build prison and, to be honest, it was soft as shit. There were definitely some nasty bastards in there but I never felt that my disability made me a target. I served two years and one day of my four-year sentence

and it was during that time that I started working out at the gym.

I'd always fancied running more than cycling but when I was released, I decided I'd try giving the bikes a proper go. I managed to get straight into the National Paracycling Road Circuit Championships and came 12th the first year. I've even competed in the Paracycling World Cup in Spain.

There are lots of different categories for parasports. I'm in the C5 section, which is for people with mild disabilities. My bike is modified to lean slightly to the right so I can work it despite my lack of pectoral muscle. And because of my hand, I have both brakes on one

side of the handlebar.

I'm competing and training constantly at the moment, as well as holding down a full-time job, and I know that Team GB are monitoring me to be part of the Rio Paralympics next year.

### **I DON'T FIND OUT UNTIL NEXT MARCH IF I'VE MADE THE CUT.**

The most important thing for me right now is to come in the top 10 of every race I compete in.

As for the cannabis, the last joint I had was the one I was smoking when the police raided the unit. Back then I didn't like the man I was. I was horrible to people. I don't know whether cycling is my future or not yet. But I'd never want to go back to my old life – it was a road to nowhere. **FIN**

## **What happened next?**

**01 The leaders of the cannabis farm, plus seven workers, were sentenced at the same trial as Craig, with the ringleader receiving a 10-year jail term.**

**02 Craig currently trains six days a week and is hoping to join Team GB for the Rio Paralympics in 2016.**

**03 Craig is looking for sponsorship to help fund his athletic dream. To get in touch, go to his website at [craigc5green.co.uk](http://craigc5green.co.uk).**

# THE FINAL COUNTDOWN

## 10 SIGNS YOU'VE BEEN DRINKING IN THE SAME PUB TOO LONG



### **The barmaid has become inexplicably attractive**

Freud would have had a few things to say about the mysterious sexual prowess possessed by barmaids. Better start drinking somewhere new before you accidentally say, "I love you, Mum" instead of "Pint of Guinness, please."

### **09**

#### **You don't remember how you got there**

One minute you're picking up a reduced Dr Oetker pizza in Morrisons... three hours and four pints later, you're in the local playing *Deal Or No Deal*, alone.

### **08**

#### **Cider is becoming one of your 'five a day'**

Your idea of a meal out

is two bags of crisps spliced open to make a 'pub salad' and a pint of nutrient-rich stout. "Meal in a glass, mate..." you say confidently, even though there's no one else at your table.

### **07**

#### **You help out with odd jobs**

In the slim hope that the landlord will let you have a sneaky lock-in, you've started

helping him put the chairs on the tables each night. When he asks if you're free to scrub the cellar next Saturday, it's time to find a new boozer.

### **06**

#### **You've seen the 'pub ghost'**

You've noticed a mystery woman in a shimmering old-style dress on more than one occasion. Granted, those occasions involved drinking neat rum, but why let that get in the way of a good yarn?

### **05**

#### **You know how much things cost**

While the bloke behind the bar is totting up two pints of San Miguel and a pack of McCoy's, you've neatly piled up £9.70 in shrapnel on the drip tray. See also: faux-outrage when the price of a pint goes up by 5p annually.

### **04**

#### **There's a picture of you behind the bar**

Remember gate-crashing the staff Christmas party? They sure do. Maybe you need to start frequenting Costa a bit more instead.

### **03**

#### **The pub has changed beyond recognition**

Once upon a time there used to be a jar of rancid pickled eggs on the bar and knife marks all over the upholstery. Now you'll need a Wonga loan just to afford a fish finger butt. Get out before they offer you the gin menu.

### **02**

#### **The pub has become a Tesco Express**

Yet you're still drinking there. Such is your attachment to Ye Olde Crown that when it got flogged off to a supermarket chain you vowed to make a boozy stand by downing Kronenbourg in the pet food aisle, all day, every day.

### **01**

#### **You've had a letter published in Wetherspoon News**

With no phone signal, the letters page of *Wetherspoon News* is often your only form of mental stimulation. When you find yourself writing in about how you're not a fan of the new urinal cakes, it could be time to move on. Or at least take your own magazine in. Ahem.



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